



THE RESERVE SYSTEM

A COMPANION WORKSHEET

Before Your Next Visit

Bringing direction, not just data, to your next clinical conversation

*“Someone had all those numbers. Why didn’t anyone tell us
what they meant together?”*

That question — asked by a patient’s wife three weeks after his cardiac event — is the reason this worksheet exists. The chart records where you are. It is often silent on where you are going. It is built to make that direction visible before your next appointment.

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INTERNAL MEDICINE · PULMONARY MEDICINE · SLEEP MEDICINE · CLINICAL INFORMATICS

Gather these before your appointment

The goal is not to collect data for its own sake. It is to see direction. Where you have more than one value, write them oldest to newest — the trend across time is what makes the conversation different.

MEASURE	EARLIER	PREVIOUS	MOST RECENT
Blood pressure Home readings if you have them, not just one office value			
Fasting glucose or A1c			
Lipid panel Include ApoB if it has ever been measured			
Weight and waist Waist measurement matters independently of weight			

ALSO BRING	NOTES
Sleep Quality, snoring, or witnessed pauses in breathing	
Current medications and supplements Including anything taken irregularly	
Age-appropriate screening status What is current, what is overdue	
Changes in exercise tolerance, recovery, or energy Compared with two or three years ago, not last week	

One thing you have been tolerating

Name one thing about your health you have been explaining away because it is not yet bad enough to act on. Write it down before you go in. It is often the most useful sentence in the visit.

THE ASK

“Can we look at these across time, rather than against the single-visit threshold?”

A single reading tells you where a number sits today. A sequence tells you which way it is moving. Most charts are organized around visits, not directions — so the question usually has to come from you.

→ If a value has moved in the same direction across three measurements, ask what would need to change to move it the other way.

→ If something on this page is blank because it has never been measured, that blank is worth a conversation too.