

THE BONE LINE

Sheet 5 — The Bone Line

Bone moves too slowly to track monthly. This page tracks it across years, which is the only timescale it responds on.

	Scan 1	Scan 2	Scan 3	Scan 4	Scan 5	Scan 6
Date						
Type (bone density / body comp)						
T-score						
Z-score						
Site (hip / spine / both)						
Weight at time of scan						
Notes						

If you have never had a bone-density scan, the honest first entry is: none -- raised with prescriber on _____. That is a legitimate entry and it is the whole point of this page existing before you have data rather than after.

Reminders from Chapter 4: a body-composition DEXA is not a bone-density DEXA. This book gives you no diagnostic thresholds -- those interact with your fracture history, family history, and medications in ways a book cannot account for, and reading them is your doctor's job. And nothing in this protocol is a promise about fractures; it supports the inputs bone responds to.