## Electrolyte Family:
Helps my muscles and nerves work properly

*Be aware of limits set at your center—they may be different!*

<table>
<thead>
<tr>
<th>Name of Test</th>
<th>Target Range</th>
<th>Record Tests</th>
</tr>
</thead>
</table>
| Calcium (Ca²⁺) | • 8.6 to 10 mg/dL: healthy people  
• 8.4 to 10 mg/dL: people on dialysis | Date:____ Level:_____  
Date:____ Level:_____  
Date:____ Level:_____ |
| Phosphate (P) | • 2.5 to 4.5 mg/dL: healthy people  
• 3.5 to 5.5 mg/dL: people on dialysis | Date:____ Level:_____  
Date:____ Level:_____  
Date:____ Level:_____ |
| Potassium (K⁺) | • 3.5 to 5.3 mEq/L: healthy adults  
• Less than 6.0 mEq/L: people on dialysis | Date:____ Level:_____  
Date:____ Level:_____  
Date:____ Level:_____ |
| Sodium (Na⁺) | • 135 to 145 mEq/L: healthy people and people on dialysis | Date:____ Level:_____  
Date:____ Level:_____  
Date:____ Level:_____ |