

**Personal symptom chart – MEN - When considering** whether or not to begin Bioidentical Testosterone Therapy (TRT), a Personal Symptom Chart can be a useful tool for you and your healthcare provider. Charting symptoms on a daily basis will help show the pattern and severity of your symptoms and their relationship to your Andropause cycle. The chart is also a useful tool for recording and evaluating changes in your symptoms after beginning a program of Testosterone Therapy. For greatest accuracy, we recommend you set aside a specific time to complete your chart each day. Rate the level at which you experience each symptom, using the scale of: **1 – Mild 2 – Moderate 3 – Severe** If you do not experience the symptom at all, leave the box blank. After you've carefully charted your symptoms for four or more weeks, discuss your findings with your healthcare provider. Together, you'll be able to see if there is a pattern and discuss treatment options.

**Personal Symptom Chart**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_ Year: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Hair loss																																
Weight gain																																
Low libido																																
Erectile dysfunction																																
Night sweats																																
Sleep disturbance																																
Chronic illness																																
Depression																																
No motivation																																
Evening fatigue																																
Irritable																																
Foggy thinking																																
Anxiety																																
Increased urinary urge																																
Blood sugar imbalance																																
Decreased muscle mass																																
TALLY:																																

