

Male Monthly Hormone Cycle Chart

Date: _____

Full name: _____ Date of birth: _____

Gender: _____ Contact number: _____

Email: _____ Patient ID: _____

Expected testosterone levels over 24-hour cycle

Time of the day	Testosterone levels	Effect
Morning	Highest point	<ul style="list-style-type: none">• Feelings of confidence• Heightened energy• Increased libido• Lack of temperance
Afternoon	Decrease	<ul style="list-style-type: none">• Feelings of control• Sustained energy, drive, and focus
Night	Lowest point	<ul style="list-style-type: none">• Feelings of low energy motivation, and libido

Notes:

- Testosterone levels naturally decline with age.
- Testosterone spikes with alcohol/caffeine consumption. Indicate use on the chart.

Monthly chart

Date: _____

Time of the day	Mood	Energy levels	Situational factors	Notes
Morning				
Afternoon				
Night				

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Physician's notes and recommendations

Physician's name: _____

Physician's signature: _____ Date: _____

References

Brambilla, D. J., Matsumoto, A. M., Araujo, A. B., & McKinlay, J. B. (2008). The effect of diurnal variation on clinical measurement of serum testosterone and other sex hormone levels in men. *The Journal of Clinical Endocrinology & Metabolism*, 94(3), 907–913. <https://doi.org/10.1210/jc.2008-1902>

Bremner, W. J., Vitiello, M. V., & Prinz, P. N. (1983). Loss of circadian rhythmicity in blood testosterone levels with aging in normal men*. *The Journal of Clinical Endocrinology & Metabolism*, 56(6), 1278–128. <https://doi.org/10.1210/jcem-56-6-1278>

Crawford, E. D., Barqawi, A. B., O'Donnell, C., & Morgentaler, A. (2007). The association of time of day and serum testosterone concentration in a large screening population. *BJU International*, 100(3), 509–513. <https://doi.org/10.1111/j.1464-410x.2007.07022.x>