

# Male Monthly Hormone Cycle Chart

An educational tracking resource intended to highlight the increase and decrease of testosterone through the 24-hour cycle over a month-long period.

## Patient Information

- Full Name: \_\_\_\_\_
- Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_
- Gender: \_\_\_\_\_
- Patient ID: \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Email Address: \_\_\_\_\_

## Expected testosterone levels over 24 hour cycle:

<b>Morning</b>	testosterone is at its highest	feelings of confidence, heightened energy, increased libido, and lack of temperance
<b>Afternoon</b>	testosterone levels decrease	feelings of control, sustained energy, drive, and focus
<b>Night</b>	testosterone levels at its lowest point	feelings of low energy, motervation, and libido.

**NOTE:** Testosterone spikes with alcohol/caffeine consumption. Indicate use on the daily tracker.

*Indicate mood, energy levels, and situational factors daily. Your healthcare professional will help you decipher hormonal patterns or irregularities in consultation.*

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**Physician's Notes and Recommendations**

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_