|  | Date |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Start | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **General Health** | BBT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gut – bowels daily? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Comfortable digestion? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heartburn etc? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Medication needed? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sleeping** | Easy to sleep? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asleep all night? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Awaken happily? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pee how many times? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot feet out of covers at night |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tooth grinding |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Snoring |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Qi strength** | Lower back ache? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aches and pains? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Energy? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weight? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Mood** | Outbursts of anger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Irritable |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Depressed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sex** | Feel like sex? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cool scrotum |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot, hard penis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Awaken with an erection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Blood energy strong**  | Fingernails strong, grow fast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Head hair lustrous, growing well |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hair greying/full colour/balding |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Teeth - strong, white, healthy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Clarity of thought |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Happy, calm disposition |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Emotionally resilient |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Memory good |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Holding Qi strong** | Varicose veins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hemorrhoids |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Miscellaneous** | Gums healthy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Varicocele checked? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Additional** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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