

		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															

Men's Jing Markers

© Heather Bruce – EasyBabies 

		Date														
		Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Holding Qi strong	Varicose veins															
	Hemorrhoids															
Miscellaneous	Gums healthy															
	Varicocele checked?															
Additional																