

LOW TESTOSTERONE SYMPTOM CHECKLIST

This checklist is designed to help you identify patterns worth discussing with a provider. Check any symptoms you've experienced consistently for 3 months or longer.

DO YOU FEEL LIKE YOURSELF?

ENERGY & MOOD

- Low energy or constant fatigue
- Brain fog or trouble concentrating
- Decreased motivation
- Irritability or mood changes
- Feeling less confident than usual

STRENGTH & BODY COMPOSITION

- Loss of muscle mass
- Increased belly fat
- Reduced strength or endurance
- Slower recovery after workouts
- Difficulty maintaining a healthy weight

SLEEP & RECOVERY

- Poor sleep quality
- Trouble falling asleep
- Waking during the night
- Waking up tired
- Daytime sleepiness
- Falling asleep early at night

LIBIDO & PERFORMANCE

- Reduced libido/sex drive
- Erectile dysfunction
- Reduced performance
- Fewer morning erections

GENERAL HEALTH CHANGES

- Hair thinning
- Joint aches or stiffness
- Reduced stamina
- Feeling older than your age

RESULTS GUIDE

Count the number of symptoms you checked.

0-3 symptoms

Mildly suggestive of Low T or other hormonal imbalance..

4-7 symptoms

Moderately suggestive of Low T. Lab testing would be beneficial.

8+ symptoms

Strongly suggestive of Low T. Lab testing and consulting with a physician are highly recommended.

NEXT STEPS

The only way to confirm your testosterone level is through lab testing.

**Schedule a consultation with
VITAL Men's Health Center.**

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