

PROTOCOL

Patient-recorded summary for clinic visit

Generated Friday, August 21, 2026
Your clinic

Sample Patient

0.5 mL (100 mg) every 7 days · b. 1981 · 5'11"

Reporting period Jul 11 – Aug 21 (42 days)

ADHERENCE & COVERAGE

INJECTIONS LOGGED	INTERVALS ON SCHEDULE	DAYS WITH A CHECK-IN	CHECK-INS PER LOGGED DAY
4	3 of 4	28 of 28	3
Intervals off target — Aug 12: 9d (+2)			

SELF-REPORTED SYMPTOMS · 28-DAY AVERAGE

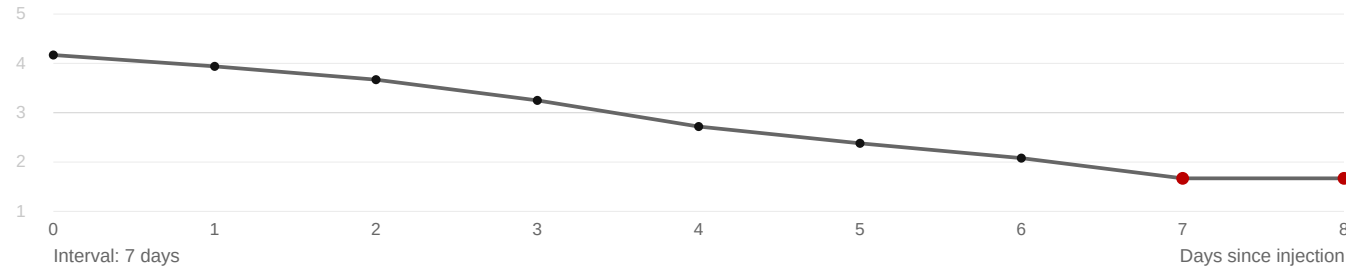
Metric (1–5)	28-day avg	vs. first half	Entries
Energy	3.1	-0.2	83
Mood	3.2	-0.2	83
Focus	3.0	-0.2	83
Libido	3.5	-0.2	83

PATTERN BY TIME OF DAY

5a–12p		3.5	n=42
12p–5p		2.8	n=40
5p–10p		3.3	n=40
10p–5a		2.4	n=5

Average energy, all logged days
Across 7 cycle days with both a morning and an afternoon reading, the gap between them widens as the interval runs on.

PATTERN ACROSS THE INJECTION INTERVAL



Energy averages 4.2 on day 0 and 1.7 on day 7 — a spread of 2.5 points across 9 cycle days with at least three observations.

BEHAVIOR · 28 DAYS

TRAINING DAYS	SLEEP, AVERAGE	WEIGHT	BMI
13 of 28	7.4 h	208.3 lb (-1.6)	29

LABORATORY VALUES

Marker	Latest	Drawn	Prior	Reference	Position
Total T	742 ng/dL	Aug 19	288	300–1000	within reference
Free T	19.8 pg/mL	Aug 19	7.4	9–30	within reference
Estradiol	36 pg/mL	Aug 19	18	10–40	within reference
Hematocrit	52.1 %	Aug 19	44.2	38.3–50	at or above ceiling
Hemoglobin	17.4 g/dL	Aug 19	14.7	13.2–17.1	above reference
PSA	1.1 ng/mL	Aug 19	0.9	0–4	within reference

MEDICATIONS & SUPPLEMENTS, AS RECORDED BY PATIENT

Name	Dose	Schedule
Testosterone cypionate	0.5 mL	Every 7 days, IM
Vitamin D3	5000 IU	Daily with breakfast
Omega-3	2 g	Daily with dinner

SIDE EFFECTS LOGGED · 6 WEEKS

Reported	Peak (1–5)	Weeks reported	First	Most recent
Sleep disruption	3	5	Jul 19	Aug 16
Acne or oily skin	2	5	Jul 19	Aug 16
Mood swings or irritability	2	5	Jul 19	Aug 16
Swelling in ankles or hands	2	1	Aug 16	Aug 16
Night sweats	2	1	Aug 16	Aug 16

INJECTION SITES USED

Ventroglute L ×2 (last 18d) · Ventroglute R ×2 (last 9d) · Delt L ×1 (last 25d) · Delt R ×1 (last 2d)

WHAT THIS DATA CANNOT ANSWER

All symptom values are patient self-reports on a 1–5 scale, not clinical measures. Patterns shown are associations within one person's log and do not establish cause. Averages are computed only where at least three observations exist; sparse periods are omitted rather than estimated. Laboratory values are as entered by the patient.

QUESTIONS FOR THIS VISIT

☐ Hematocrit came back at 51.4. What does that mean for me and what should we watch?

☐ Energy drops off hard in the last two days before my shot. Is that expected on this interval?

☐ Estradiol is at the top of the range. Is that something to address or leave alone?
