

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
1	0 of 0	5 of 28	3

SELF-REPORTED SYMPTOMS · 28-DAY AVERAGE

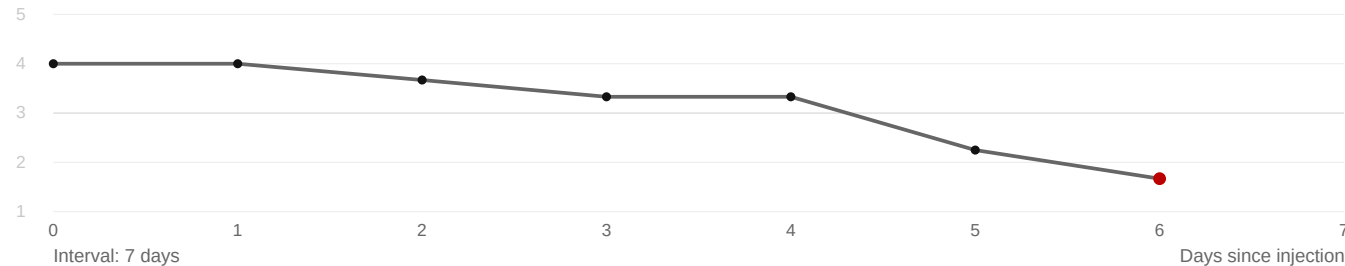
Metric (1–5)	28-day avg	vs. first half	Entries
Energy	3.7	—	15
Mood	3.8	—	15
Focus	3.5	—	15
Libido	3.8	—	15

PATTERN BY TIME OF DAY

5a–12p		3.6	n=7
12p–5p		2.9	n=7
5p–10p		3.1	n=7

Average energy, all logged days

PATTERN ACROSS THE INJECTION INTERVAL



Energy averages 4.0 on day 0 and 1.7 on day 6 — a spread of 2.3 points across 7 cycle days with at least three observations.

BEHAVIOR · 28 DAYS

TRAINING DAYS	SLEEP, AVERAGE	WEIGHT	BMI
3 of 28	7.1 h	211.2 lb (-0.6)	29.5

LABORATORY VALUES

Marker	Latest	Drawn	Prior	Reference	Position
Total T	742 ng/dL	Jul 13	288	300–1000	within reference
Free T	19.8 pg/mL	Jul 13	7.4	9–30	within reference
Estradiol	36 pg/mL	Jul 13	18	10–40	within reference
Hematocrit	51.4 %	Jul 13	44.2	38.3–50	above reference
Hemoglobin	17.2 g/dL	Jul 13	14.7	13.2–17.1	above reference
PSA	1.1 ng/mL	Jul 13	0.9	0–4	within reference

Reference ranges shown are the patient's configured defaults and are assay-dependent. The reporting laboratory's own ranges apply.

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

None reported.

INJECTION SITES USED

Ventroglute L ×1 (last 4d)

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?
