

Weekly Testosterone-Boosting Lifestyle Tracker

Instructions: Each day, check off the habits you've completed. Aim for consistency and progress over perfection. Use the notes section for tracking mood, libido, sleep, or adjustments.

Habit / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Sunrise Exposure (10–30 min)							
 Grounding/ Earthing (10 min)							
 Resistance Training (3–5x)							
 Sprint/ HIIT (1–2x/ week)							
 Nature Walks (30+ min)							
 Cold Exposure (2–5 min)							

 High-Protein/ Fat Meals							
 Micronutrients (Zinc, Mg, D3)							
 Intermittent Fasting (if used)							
 Power Poses/ Mindset Reset							
 Female Interaction (Social)							
 7-9 Hours Sleep							
 Screen-Free Hour (Before Bed)							

Weekly Notes & Reflections

Mood/Libido:

Energy Level:

Sleep Quality:

Stress Level:

Physical Performance:

Female Dynamics:

Bloodwork (if done):

Wins & Adjustments: