

THE MALE HEALTH CLUB QUESTIONNAIRE

Can you grade the following sections into:

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

LOW LIBIDO

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

ERECTILE DYSFUNCTION

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

FEELING YOUR PAST YOUR BEST

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

COGNITIVE CHANGES /FORGETFULNESS

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

THE MALE HEALTH CLUB QUESTIONNAIRE

JOINT PAIN

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

REDUCTION IN STRENGTH

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

EXCESSIVE SWEATING

(sudden episodes of sweating, hot flushes independent of strain)

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

SLEEPING PROBLEMS

(difficulty in falling asleep & difficulty in sleeping through)

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

INCREASED ANXIETY

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

THE MALE HEALTH CLUB QUESTIONNAIRE

INCREASED IRRITABILITY

- ☐ none
- ☐ mild
- ☐ moderate
- ☐ severe

ARE YOU A LOVING PARTNER TO YOUR PARTNER

- ☐ none
 - ☐ mild
 - ☐ moderate
 - ☐ severe
-

PLEASE COMPLETE AS A BASELINE OF YOUR SYMPTOMS

NAME:

DATE: