

# Jing Markers for Men



		Date														
		Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>General Health</b>	BBT															
	Gut - bowels daily?															
	Comfortable digestion?															
	Heartburn etc?															
	Medication needed?															
<b>Sleeping</b>	Easy to sleep?															
	Asleep all night?															
	Awaken happily?															
	Pee how many times?															
	Hot feet out of covers at night															
	Tooth grinding															
	Snoring															

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<b>Qi strength</b>	Lower back ache?														
	Aches and pains?														
	Energy?														
	Weight?														
<b>Mood</b>	Outbursts of anger														
	Irritable														
	Depressed														
<b>Sex</b>	Feel like sex?														
	Cool scrotum														
	Hot, hard penis														
	Awaken with an erection														

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<b>Blood energy strong</b>	Fingernails strong, grow fast															
	Head hair lustrous, growing well															
	Hair greying/full colour/balding															
	Teeth - strong, white, healthy															
	Clarity of thought															
	Happy, calm disposition															
	Emotionally resilient															
	Memory good															
<b>Holding Qi strong</b>	Varicose veins															
	Hemorrhoids															
<b>Miscellaneous</b>	Gums healthy															
	Varicocele checked?															

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<b>Additional</b>															