

Jing Markers for Men



| | | Date | | | | | | | | | | | | | | |
|-----------------------|---------------------------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| | | Start | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| General Health | BBT | | | | | | | | | | | | | | | |
| | Gut - bowels daily? | | | | | | | | | | | | | | | |
| | Comfortable digestion? | | | | | | | | | | | | | | | |
| | Heartburn etc? | | | | | | | | | | | | | | | |
| | Medication needed? | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Sleeping | 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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| | | Start | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Qi strength | Lower back ache? | | | | | | | | | | | | | | |
| | Aches and pains? | | | | | | | | | | | | | | |
| | Energy? | | | | | | | | | | | | | | |
| | Weight? | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Mood | Outbursts of anger | | | | | | | | | | | | | | |
| | Irritable | | | | | | | | | | | | | | |
| | Depressed | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Sex | Feel like sex? | | | | | | | | | | | | | | |
| | Cool scrotum | | | | | | | | | | | | | | |
| | Hot, hard penis | | | | | | | | | | | | | | |
| | Awaken with an erection | | | | | | | | | | | | | | |
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| Blood energy strong | 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 | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Holding Qi strong | Varicose veins | | | | | | | | | | | | | | | |
| | Hemorrhoids | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Miscellaneous | Gums healthy | | | | | | | | | | | | | | | |
| | Varicocele checked? | | | | | | | | | | | | | | | |
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| Additional | | | | | | | | | | | | | | | |