

SYMPTOM TRACKER

This is a symptom tracker diary for male reproductive health and people with penises. The purpose of the diary is to track any symptoms and feel more confident when speaking with your GP regarding reproductive health concerns.

Month: _____

Week: _____

Name: _____

SYMPTOM	MON	TUES	WEDS	THURS	FRI	SAT	SUN	ADDITIONAL INFORMATION
Frequent urination								
Painful urination								
Waking up at night to urinate								
Urine leakage								
Blood in urine								
Testicular pain								
Testicular swelling								
Genital lumps								
Genital itching								
Unusual discharge coming from penis/anus								
Blood in semen								
Erection difficulties								
Painful erection/pain when having sex								
Curved penis								
Tight foreskin								
Blood in stool								
Pelvic pain								
Reduced libido								
Fatigue								
Mood changes								

Impacted:	Work life	Sexual Wellbeing	Social Wellbeing	Mental Health	Ability to Exercise	Physical Activity/ daily tasks
Yes						
No						



You might find you get used to some of these symptoms. But it's important to be checked by a GP if your symptoms change, get worse, or do not feel normal.

- NHS

