

My running and recovery review

Record actual training and context. This is not a hormone assessment.

Date or week beginning

Activity and actual session time

Observed effort and response afterward

Recent workload or routine changes

Food access, missed meals or deliberate restriction

Sleep and recovery context

Sample timing or persistent concern, if relevant

Next question or agreed review step

No testosterone prediction, recovery score or training clearance is provided.

Persistent symptoms, pain and unresolved restrictions need individual guidance.

For heart-attack warning signs, stop exercise and call emergency services.