



Scan to visit our website

BONUS CARD B1 ♦ FREE PRINTABLE

TESTOSTERONE SYMPTOM CHECKLIST

PHYSICAL SYMPTOMS

- ☐ Persistent fatigue not resolved by sleep
- ☐ Noticeable loss of muscle mass despite regular exercise
- ☐ Increased belly fat without significant dietary changes
- ☐ Reduced physical strength over recent months
- ☐ Slower recovery after exercise or physical activity
- ☐ Joint aches or stiffness more than expected for your age

MENTAL & EMOTIONAL

- ☐ Low motivation – loss of drive and ambition
- ☐ Brain fog – difficulty concentrating or thinking clearly
- ☐ Irritability or short temper disproportionate to situation
- ☐ Emotional flatness – reduced enjoyment of activities
- ☐ Low confidence or increased social withdrawal
- ☐ Feelings of anxiety or worry without obvious cause

SEXUAL HEALTH

- ☐ Noticeable reduction in sex drive (libido)
- ☐ Difficulty achieving or maintaining erections
- ☐ Reduction in morning erections (frequency or firmness)
- ☐ Slower arousal or reduced orgasm intensity

SLEEP & RECOVERY

- ☐ Difficulty falling asleep or staying asleep
- ☐ Waking unrefreshed despite adequate time in bed
- ☐ Significant afternoon energy crashes

SCORING (/19): 0-3 monitor • 4-6 test • 7-11 Ch.13 • 12-15 +GP • 16+ urgent

FREE RESOURCES

M. Videika

Lifelong Athlete & Performance
Researcher

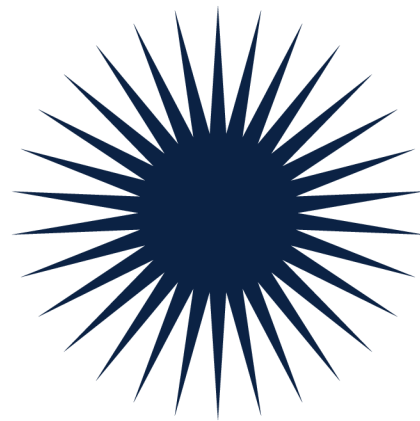
30-Day Reset Tracker:

testosteroneblueprintguide.com/tracker

MASTER SUPPLEMENT STACK



Scan to visit our website



MORNING (WITH BREAKFAST)

- Vitamin D3 + K2
- L-Citrulline
- Spirulina & Chlorella
- Moringa
- Vitamin B12
- Black Seed Oil

DOSE

- 2,000–5,000 IU D3 + 100–200mcg K2
- 3–6g powder
- 3–5g combined
- 1–2g capsule
- 500–1,000mcg
- 500mg–1g oil

PRE-WORKOUT (TRAINING DAYS ONLY)

- Citrulline Malate — 6–8g (45–60 min before training)
- Creatine Monohydrate — 3–5g (any time of day)

EVENING (WITH DINNER)

- Zinc Complex
- Organic Fenugreek
- Omega-3 (EPA+DHA)
- L-Glutamine

DOSE

- 25–45mg elemental zinc
- 500mg standardised fenugreek extract
- 1–3g EPA+DHA
- 5–10g L-Glutamine powder

BEFORE SLEEP (30–60 MIN BEFORE BED)

- Magnesium Glycinate
- Ashwagandha KSM-66
- Tongkat Ali
- Boron
- Taurine

DOSE

- 300–400mg elemental magnesium
- 300–600mg KSM-66 ashwagandha
- 200–400mg tongkat ali extract
- 6–10mg boron glycinate
- 1–3g taurine

BUDGET PRIORITY

- 1. Vitamin D3+K2 — £8–15/month
- 2. Magnesium Glycinate — £10–18/month
- 3. Zinc Complex — £8–14/month

MONTHLY COST

- Foundation: £26–47/month
- Full stack: £55–90/month
- Quality > quantity always

NOTE

- Start with Foundation supplements only. Add one supplement per fortnight. See Chapter 10 for full evidence and dosing guide.

QUALITY CHECKLIST

- Third-party tested (NSF / Informed Sport)
- Standardised extracts — check label
- Avoid proprietary blends

BONUS CARD B3 ♦ THE TESTOSTERONE BLUEPRINT

7-DAY TESTOSTERONE MEAL PLAN

A complete weekly nutrition framework for hormonal optimisation — M. Videika

■ Quality Fat 30-35% Cholesterol is the raw material for testosterone production	■ Complete Protein 1.6-2 g/kg Eggs, red meat, oily fish at every meal	■ Zinc — Every Day Beef liver, oysters, red meat, pumpkin seeds	■ No Sugar / UPF Eliminate refined carbs and seed oils entirely	
DAY	* BREAKFAST	* LUNCH	* DINNER	* SNACK
DAY 1	3 eggs scrambled in butter + wilted spinach + crispy bacon <i>Rich in cholesterol precursor + zinc</i>	Beef mince bowl + white rice + avocado + olive oil drizzle <i>Saturated fat + complete protein</i>	Salmon fillet + sweet potato + tenderstem broccoli <i>Omega-3 + Vitamin D + antioxidants</i>	2 Brazil nuts + handful pumpkin seeds <i>Selenium (daily req) + zinc</i>
DAY 2	Greek yoghurt + walnuts + raw honey + fresh blueberries <i>Zinc + healthy fats + antioxidants</i>	Tuna + boiled eggs + baby spinach salad + olive oil + lemon <i>High protein + Vitamin D</i>	Beef liver + white rice + steamed green beans + butter <i>Highest zinc food source available</i>	Apple + 2 tbsp almond butter <i>Boron + monounsaturated fat</i>
DAY 3	Smoked salmon + 3 poached eggs + avocado + sourdough toast <i>Omega-3 + choline + healthy fat</i>	Chicken thighs + roasted mixed veg + quinoa + olive oil <i>Complete protein + complex carbs</i>	Mackerel fillet + sweet potato mash + kale + butter <i>Omega-3 + potassium + magnesium</i>	Pomegranate seeds (½ cup) or 200ml juice <i>24% T increase in 14-day study</i>
DAY 4	Ribeye beef steak + 2 fried eggs + mushrooms + tomatoes <i>Saturated fat + B vitamins + zinc</i>	Sardines + rye crispbread + baby spinach + lemon + olive oil <i>Calcium + Omega-3 + Vitamin D</i>	Slow-cooked lamb shoulder + root vegetables + mint sauce <i>Zinc + iron + B12</i>	Dark chocolate 85%+ (30g) + mixed nuts <i>Magnesium + zinc + selenium</i>
DAY 5	3-egg omelette + mature cheddar + spinach + fresh chilli <i>Cholesterol precursor + calcium</i>	Chicken liver pâté on sourdough + dressed side salad <i>Highest Vitamin A + B12 source</i>	Whole trout + asparagus + new potatoes + butter sauce <i>Omega-3 + folate + Vitamin B</i>	5-6 prunes + 2 Brazil nuts <i>Boron + selenium</i>
DAY 6	4 eggs scrambled + smoked mackerel + sourdough <i>Omega-3 + complete protein + zinc</i>	Beef stir-fry + broccoli + bell peppers + white rice <i>Zinc + Vitamin C + complete protein</i>	Roast chicken thighs + sweet potato + sautéed spinach <i>Protein + Vitamin A + magnesium</i>	2 hard-boiled eggs + handful olives <i>Cholesterol + oleic acid</i>
DAY 7	4 eggs scrambled + butter + cherry tomatoes + fresh herbs <i>Cholesterol precursor + lycopene</i>	Lamb mince bowl + quinoa + avocado + pomegranate seeds <i>Zinc + healthy fat + antioxidants</i>	Wild salmon fillet + roasted asparagus + new potatoes <i>Omega-3 + folate + Vitamin B complex</i>	Greek yoghurt 150g + walnuts + 1 tsp raw honey <i>Zinc + omega-3 + boron</i>
♦ KEY FOODS TO ALWAYS HAVE • Eggs (free-range) — base of every breakfast • Red meat (grass-fed) — 2-3x per week • Oily fish (salmon, mackerel, sardines, trout) • Avocado — daily • Spinach / kale — at least one meal per day • Butter or olive oil — cook with fat, not seed oil • Brazil nuts (2-3/day) — selenium source ♦ FOODS TO ELIMINATE • Sugar and sweetened drinks — suppresses T acutely • Seed oils (sunflower, canola, corn) — inflammatory • Soy products — phytoestrogen content • Alcohol above 14 units/week — measurable T suppression; target under 7 • Ultra-processed food — endocrine disruptors • Low-fat dairy — removes cholesterol precursor • Excessive flaxseed — lignans suppress T ♦ DAILY HABITS TO ADD • 2-3 litres filtered water daily • No caffeine after 1 pm • Vitamin D3 + K2 with breakfast • Zinc Complex with dinner (away from dairy) • Magnesium Glycinate before sleep • Dark chocolate 85%+ (20-30 g) — nitric oxide boost • See Chapter 5 for full nutrition science				

Full nutrition science: **Chapter 5** ♦ Download tracker: testosteroneblueprintguide.com/tracker

BLOOD TEST REFERENCE CARD

TIER 1 - ESSENTIAL (MINIMUM PANEL)

- Total T: Optimal 18–30 nmol/L
- Free T: Optimal 0.30–0.50 nmol/L
- SHBG: Optimal 15–35 nmol/L
- Oestradiol (E2): 40–100 pmol/L

TIER 3 - COMPREHENSIVE

- Prolactin: 86–200 mIU/L
- DHEA-S: 4–8 µmol/L
- HbA1c: below 38 mmol/mol
- Full Blood Count (FBC)

TIER 2 - STRONGLY RECOMMENDED

- LH: Optimal 2–8 IU/L
- FSH: Optimal 2–8 IU/L
- TSH: Optimal 0.5–2.0 mIU/L
- Vitamin D: 75–150 nmol/L
- Ferritin: 50–150 ng/mL

HOW TO READ RESULTS

- Lab range = statistically normal
- Optimal range = symptom-free
- Always test morning, fasting

OPTIMAL RANGES SUMMARY

- Test at 7–10am after overnight fast
- Two morning tests to confirm low T
- Retest at 8–12 weeks after changes

YOUR RESULT (WRITE IN)

- Total T: _____
- Free T: _____
- SHBG: _____
- E2: _____

YOUR RESULT (WRITE IN)

- LH: _____
- FSH: _____
- Vitamin D: _____
- Ferritin: _____

TESTING SERVICES - UK

- Medicecks.com
- LetsGetChecked.com
- Thriva.co / Forth.co

TESTING SERVICES - US

- Everlywell.com
- Uita Lab Tests
- MyLAB Box



Scan to visit our website

DOCTOR'S QUESTIONS GUIDE



BONUS CARD B5

The Testosterone Blueprint — M. Videika
Use at your GP or clinic appointment

Chapter 13 Reference

See Chapter 13 for full testing guide
testosteroneblueprintguide.com



Scan to visit our website

QUESTION TO ASK YOUR DOCTOR	SECTION
I've been experiencing fatigue, low libido and brain fog. Can we run a full hormone panel — Total T, Free T, SHBG, Oestradiol, LH, FSH and TSH?	Opening
My result is 'normal' but I still have symptoms. Can we specifically check Free Testosterone and SHBG?	If Told Normal
Could thyroid be contributing to my symptoms? Can we test TSH, Free T4 and Free T3?	Thyroid
Can we test 25-OH Vitamin D and Ferritin? Both deficiencies cause symptoms identical to low testosterone.	Nutrients
Can I have a morning blood draw at 7–10am after an overnight fast? Testosterone peaks then and reads 20–30% lower in the afternoon.	Timing
Can I receive my full numerical results with reference ranges — not just a normal or abnormal summary?	Results
If my levels are confirmed low after two morning tests, what treatment and lifestyle options are available?	Next Steps

Note

If GP cannot run full panel — consider private testing. See Chapter 13.

30-Day Testosterone Reset Calendar

The Testosterone Blueprint — M. Videika

LEGEND: Sleep 7.5-9 hrs Training done Supplements taken Diet on track

Start Date: Baseline energy (1-10): Baseline weight:

	Each day: SLEEP TRAINING SUPPLEMENTS DIET						
WK 1 Days 1-7 Sleep · Diet · Foundation	1 □ □ □ □	2 □ □ □ □	3 □ □ □ □	4 □ □ □ □	5 □ □ □ □	6 □ □ □ □	7 □ □ □ □
WK 2 Days 8-14 Training · Citrulline · Creatine	8 □ □ □ □	9 □ □ □ □	10 □ □ □ □	11 □ □ □ □	12 □ □ □ □	13 □ □ □ □	14 □ □ □ □
WK 3 Days 15-21 Cold · Breathing · Hormones	15 □ □ □ □	16 □ □ □ □	17 □ □ □ □	18 □ □ □ □	19 □ □ □ □	20 □ □ □ □	21 □ □ □ □
WK 4 Days 22-30 Full Protocol · Sauna · Review	22 □ □ □ □	23 □ □ □ □	24 □ □ □ □	25 □ □ □ □	26 □ □ □ □	27 □ □ □ □	28 □ □ □ □
	29 □ □ □ □	30 □ □ □ □	Day 30 — Complete the Chapter 2 symptom checklist and compare to your baseline score. Next: Book your 8-12 week blood retest (Chapter 13).				

DAILY SCORE All 4 boxes = 10/10 Miss one = 7/10 Miss two = 5/10	✓ Target: Score 7+ every day (miss max 1 box) ✓ 70%+ compliance over 30 days = meaningful results ✓ Missed a day? Continue from where you left off — do not restart	END OF PROTOCOL Day 30: re-do Chapter 2 symptom checklist. Compare with baseline. Book your 8-12 week blood retest for objective measurement.
--	---	---

What to Focus on Each Week

Week 1 Focus • Sleep 7.5-9 hrs • Fixed bedtime / wake • Vitamin D3 + K2 • Magnesium Glycinate • Zinc Complex • Eliminate sugar & UPF	Week 2 Focus • 3x training sessions • Citrulline Malate 6-8 g • Creatine 3-5 g/day • Ashwagandha before sleep • Box breathing 5 min/day	Week 3 Focus • Cold shower daily • Tongkat Ali + Boron • Fenugreek with dinner • Wim Hof breathing x3 • Beetroot / rocket daily	Week 4 Focus • Full supplement stack • Sauna 2-3x/week • Heat + cold contrast • Day 30: symptom recheck • Book 8-12 week blood retest
--	---	---	---