Men's Fertility Tracker

a home sperm-test log and healthy-habits page — not a mucus chart

Men do not have a cervical-mucus sign. This page is a **semen / home sperm-test log** and a record of habits that can affect sperm. Sperm take roughly **two to three months** to develop, so what you do now may show up in a later test. (ACOG / CDC)

A home kit is a screen, not a diagnosis. A laboratory semen analysis — looking at concentration (count), motility (movement), and morphology (shape) — plus a history and exam, is the standard first evaluation. A normal home result does not rule out a male factor; an abnormal one should be checked by a **urologist** or your doctor, who may repeat a lab analysis. Follow the kit's directions (including any days of abstinence). (CDC / AUA / ACOG)

Name: _____ Month / year: _____ Kit used: _____

Doctor / urologist: _____ Next appointment: _____ Days of abstinence before tests: _____

Home sperm-test results

Date	Concentration (M/mL)	Motility %	Other result (e.g. progressive motility)	Notes

Daily habits this month (tick the days you kept the habit)

Daily habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sleep 7+ hours	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Limited / no alcohol	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Avoided extra heat*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
No tobacco or vape	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Moved or exercised	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

*Extra heat includes hot tubs, saunas, laptops or heated seats on the lap, and long spells of very tight clothing. CDC notes that frequent exposure of the testes to high temperatures, heavy alcohol use, smoking, anabolic steroids, and some drugs can lower sperm production. List any supplements you take; ask your doctor before starting something new, including testosterone.

Supplements / medicines this month: _____

Heat, alcohol, sleep, or other notes: _____

When to ask for help. See a doctor or a urologist if a home test is abnormal, if there has been a testicular injury, surgery, or infection, if you use testosterone or anabolic steroids, or if there is a known concern. For couples with no other concerns, ACOG and CDC often suggest an evaluation after **12 months** of trying if she is under 35, or after **6 months** if she is 35 or older — and both partners are usually checked together. (CDC / ACOG / AUA)

Sources

General information; not a diagnosis. Share results with your own doctor or a urologist.

1. Infertility: Frequently Asked Questions. CDC.
2. Diagnosis and Treatment of Infertility in Men: AUA/ASRM Guideline (2024). American Urological Association / ASRM.
3. Evaluating Infertility (FAQ). ACOG.
4. Good Health Before Pregnancy: Prepregnancy Care (FAQ). ACOG.

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