



28 DAY CHALLENGE
CHECK YOUR TESTOSTERONE

Check Your Testosterone

Hey guys!

Huge warm welcome to the 28 Day Challenge!

Thank you for joining us, it's going to be epic.

Just before we start I wanted to post a quick message about Testosterone testing.

This is far from compulsory. It's totally optional but is also a useful metric if you feel your testosterone is low.

We will also run a comprehensive survey to score things but if you want some cold hard stats then a T test at the start and the end is a great option.

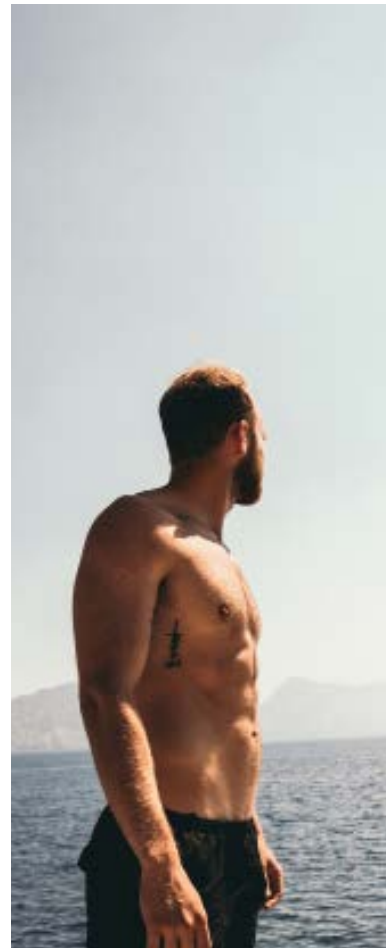
I will be doing Testosterone tests and also a BodPod body fat test on day 1 of the challenge (wednesday)
A quick note on both of these.

Testosterone Testing.

It's worth getting a comprehensive hormone test if you are getting this done. The numbers will be more useful. Also I can give more personalized supplement recommendations for those that do these tests.

The normal test will include most of these -

- Testosterone
- Free Testosterone
- SHBG (sex hormone binding globulin)
- LH
- FSH



Full Screening

I tend to get a full spectrum blood test when I do get them, as I don't get them often. These include other metrics for general health.

They cover vitamin and mineral deficiencies, blood checks, kidney & liver function and also things like cholesterol.

If you would like to get a comprehensive one then it makes a lot of sense to do so. Especially if you haven't ever had one before.

UK testing.

I am lucky I have a local clinic that I use in Beaconsfield, Bucks (revive clinic) and the Male hormone test is £140 ish.

Most towns will have facilities you can book in if you google them. However it is a lot less widespread in the UK than it is in the US.

There are home kits you can get from pharmacies in the UK like Superdrug. These are a little more fiddly as you have to take a blood sample yourself with a finger prick. But they are a lot more affordable.

US testing

Testing in the US is a lot more available, again with a google search you can likely find a clinic near you or a home kit.

Survey

If testing isn't available to you or the price point is too high for you then please don't worry at all!

We will be completing a survey on the first day of the challenge (Wednesday) which will cover all bases and give you a score that we work on improving over the next 28 days! Not only will you have more muscle and less fat at the end of the challenge but you are going to feel a whole load better too. More energy, more motivation and overall more positive.

