

## Self-Assessment

We recommend you establish a baseline on your journey to greater control and command of your male essence. We suggest you revisit this questionnaire weekly to progress your changes.

**Important:** We Do Not collect or store your personal data/information below. This is for you to establish your own private baseline and for monitoring your progress.

### Your Primal Baseline: How Do You Feel Today?

Answer these 7 questions to track your journey. At a minimum, reassess in 4 weeks to see your progress with Get A Grip!

1. When did you last wake up with an erection in the morning or otherwise commonly known as a 'morning wood'?  
Date: \_\_\_\_\_
  
2. When did you last feel a genuine jump or twitch in your loins?  
Date: \_\_\_\_\_
  
3. How strong and lasting do you feel your erections are when aroused? Circle: 1 (Very Weak) 2 3 4 5 (Very Strong)  
**1. 2. 3. 4. 5.**
  
4. How affected are you by stress?  
Circle: 1 (Not affected) 2 3 4 5 (Very Stressed)  
**1. 2. 3. 4. 5.**
  
5. How is your regular sleep quality and energy levels when you wake up? Circle: 1 (Poor) 2 3 4 5 (Excellent)  
**1. 2. 3. 4. 5.**
  
6. How would you rate your overall sense of vitality and power?  
Circle: 1 (Drained) 2 3 4 5 (Powerful)  
**1. 2. 3. 4. 5.**
  
7. How clear and confident do you feel in your mental focus?  
Circle: 1 (Foggy) 2 3 4 5 (Sharp)  
**1. 2. 3. 4. 5.**