

DMSO Prostate Support: 30-Day Progress Tracker

Instructions: Each day after application, fill in the tracker. Rate symptoms on a scale of 1-5 (1 = very bad, 5 = excellent). Track improvements and note anything special you observe.

Day	Applied (Y/N)	Urinary Flow (1-5)	Night Bathroom Trips	Pelvic Comfort (1-5)	Sexual Function (1-5)	Notes
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