

PRIMAL YIELD

WEEKLY PEPTIDE DOSING LOG

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RESEARCHER: _____

WEEK OF: _____

PROTOCOL: _____

Day	▲ MORNING			▼ EVENING			Notes
	Morning Peptide	Dose	Time	Evening Peptide	Dose	Time	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

MY PEPTIDES THIS WEEK

Peptide Name	Dose / Concentration	Frequency	Storage Location
1			
2			
3			

WEEKLY OBSERVATIONS / NOTES

NEXT WEEK ADJUSTMENTS