



The Wiley Protocol

Variable Dose Schedule

AUGUST 2024 PERSONAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				E: P:	E: P:	E: P:
4	5	6	7	8	9	10
E: P:	E: P:	E: P:	E: P:	E: P:	E: P:	E: P:
11	12	13	14	15	16	17
E: P:	E: P:	E: P:	E: P:	E: P:	E: P:	E: P:
18	19	20	21	22	23	24
E: P:	E: P:	E: P:	E: P:	E: P:	E: P:	E: P:
25	26	27	28	29	30	31
E: P:	E: P:	E: P:	E: P:	E: P:	E: P:	E: P:

E - ESTRADIOL
P - PROGESTERONE

Wiley Protocol ESTRADIOL 1 Line = 1mg per 0.1ml
Wiley Protocol PROGESTERONE 1 Line = 20mg per 0.1ml

SYMPTOM OBSERVATION CODES



HOT FLASHES
HF



INCONTINENCE
INC



JOINT PAIN
JP



INSOMNIA
INS



FEEL GREAT
GRT



ANXIETY
AN



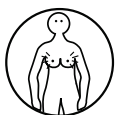
HEADACHE
HD



DEPRESSION
DE



DRY VAGINA
DV



SORE BREASTS
SB



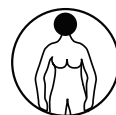
NIGHT SWEATS
NS



HEART PALPITATIONS
HP



BLOATING
BL



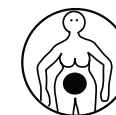
BRAIN FOG
BF



CRAMPS
CR



LIBIDO
LI



CONSTIPATION
CO

Baseline dose is your day 1-5 dose. Should you have a uterus and get your period, you are now on the personal calendar.

The first day of your period is Day 1. Test Blood on Days 12 & 21 of your 3rd month.

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