



The Wiley Protocol

Variable Dose Schedule

MAY 2024 LUNAR

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

E - ESTRADIOL
P - PROGESTERONE



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

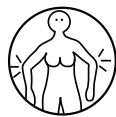
SYMPTOM OBSERVATION CODES



HOT FLASHES
HF



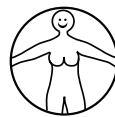
INCONTINENCE
INC



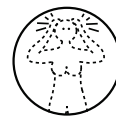
JOINT PAIN
JP



INSOMNIA
INS



FEEL GREAT
GRT



ANXIETY
AN



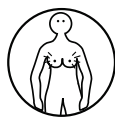
HEADACHE
HD



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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