

WEEK 1	Sunday - Feb 11	Monday - Esc	Tuesday - Esc	Wednesday - NP	Thursday - NP	Friday	Saturday - Esc	
GEAR	START Kings Lab 200mg Test/200mg Tren-E	250mg EQ / 5mg Adex	100mg Tren		120mg Tren / 5mg Adex			
FEEL	Tired and spacey last few weeks. Cap workouts / no pump	Great energy / ok focus AM / PM / 4800 kcal / great workout	FEEL GREAT / energy / articulate / great workout	good energy / decent workout	Tired AM / feel great / ENERGY	ENERGY	Spacey AM / Decent workout / Energy PM	
WEEK 2	Sunday - Feb 18 (NP)	Monday - Esc	Tuesday - Esc	Wednesday - Esc	Thursday	Friday - Esc	Saturday - Esc	
GEAR	50mg Test / 100mg Tren / 200mg EQ Good Workout AM / 100K HYPED TRED PM / SICK GAST Stomach / Lethargic	Tired / ok / lethargic	Very Tired / Spacy	Tired / Spacy	Little pumped afternoon / TRED PM	TRED / Spacy	TRED / Spacy	
FEEL								
WEEK 3	Sunday - Feb 25 - NP	Monday - Esc	Tuesday - NP	Wed - Feb 28 - NP	Thursday	Friday - Mar 2 - Esc	Saturday - NP	
GEAR		175mg Test		180mg EQ / 35mg Adex	25mg Adex		25mg Tren / 25 Adex	
FEEL		Energy AM / TRED PM / Crap workout	TRED / Spacy / Crap workout	Tired / Spacy	Tired Spacy / Decent workout	Feel better / still little tired / more articulate / more energy	Feel Great all day & night / GREAT PUMP / low light, still a bit	wwwes spacey mms Pumped afternoon, TRED first bit work / PUMPED second hour / back both
WEEK 4	Sunday - Mar 4	Monday	Tuesday - Mar 6	Wednesday	Thursday - Mar 8	Friday - Esc	Saturday Mar 10 - NP	
GEAR	187mg EQ	100mg Test / 25 Adex	80mg Tren		187mg EQ Late night	100mg Tren morning / 1/3 Adex		
FEEL	FEEL GREAT! / PUMPED WORKOUT / ARTICULATE, Great focus	Feel Decent / no sleep from drive	Feel Decent / Spaceboard	Feel Decent / Heavy Card P	Feel Decent / Spaceboard / Drive back	Feel Great Pumped All Day!	Feel Great Day / Epic Workout / TRED AFTER GET AT WORK PM SICK!!!	
WEEK 5	Sunday	Monday - Mar 12	Tuesday - Esc	Wednesday - Esc	Thursday Mar 15 - NP	Friday - NP	Saturday - Esc	
GEAR		25 Adex	100mg Test / 200mg EQ / 25 Caber		25 Adex	50mg Tren	25 Adex PM	
FEEL	Feel better / Waves of Tired	Tired AM / Decent workout / little tired PM	Tired AM / waves of energy & tired PM	Very tired all day	HEAVY CARDIO AM / PUMPED PM / little spacey	Tired AM / Heavy Card / PUMPED AFTER TRED at 11am, feel natural until 2:00-2:15 hrs	Tired AM / More w/ Heavy Card / Good workout / muscle pumped but back until 2:00-2:15 hrs	
WEEK 6	Sunday - Mar 18th	Monday - NP	Tuesday - Esc	Wednesday - Esc	Thursday	Friday - Esc	Saturday	
GEAR	50mg Tren	25 Adex / 50mg Test - LATE NIGHT	60mg Tren / LAST TRED	25 Adex / 2mg Caber	75mg EQ / 25 Adex	25 Adex		
FEEL	Heavy Cardio / Great Pump Workout / more w/ cardio night / SPACY / little spacey	Pumped Articulate	Little Sleep / no workout / PUMPED STUDY HARD!	Little Sleep VERY TRED SPACEY	MADE UP SLEEP / Tired spacey day	TRED SPACEY	TRED SPACEY	
WEEK 7	Sunday - NP	Monday Mar 26 - Esc	Tuesday - NP	Wednesday - NP	Thursday - NP	Friday - 30 - NP	Saturday - Mar 31	
GEAR		150mg Test-E / 50mg Tren-E / 25mg Dbal	150mg Test-E / 50mg Dbal / 5 Adex	50mg Dbal / 5 Adex	25mg Dbal			
FEEL		Tired / Spacy	TRED / very Spacy	TRED AM / Energy Tired but after workout	OK AM / Good pump workout / Tired but after workout	TRED AM / Waves of tired PM / VERY DEHYDRATED AM	TRED AM / Spacy / dehydrated AM / HEAVY WATER PM / More energy PM	
WEEK 8	Sunday	Monday - Esc	Tuesday - Esc	Wednesday - NP	Thursday	Friday - Esc	Saturday - Esc	
GEAR	25 Adex / 181 EQ / 50mg Dbal / half frankenstein / half USA	50mg Dbal / 5 Adex	22mg Test-E 8am / 50mg Dbal / START ZWEC START TRED	25mg Dbal / 1 TB pill	1 TB pill	1 LMS2 / 2 Tulas / 25 Adex /	3 Tulas	
FEEL	Decent energy / focus day / Tired after big meal 8pm	TRED / SPACY	Energy AM / little ache	Tired / Spacy	Tired Day / not too tired pm	Tired AM / SPACEY AS WELL	TRED AS WELL SPACEY AS WELL WORSE	
WEEK 9	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	2 Tulas	175 mg Test-E / 2 Tulas	2 Tulas / 1 NAC	2 Tulas / 2 NAC	1 NAC / 1 Potassium Pill	On Lab later E2 LOW <10 / Test 48U Thyroid 4.8 / 1 NAC / 25 Adex after test	300mg King's Test-C	
FEEL	Tired / Spacy	Tired / Spacy	Tired / Spacy	Tired / Spacy	Tired / Spacy / Nap at 3pm	Less Tired / Less Spacy / little energy	OK AM / little tired afternoon / decent energy PM	
WEEK 10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	Half a benzadril PM		100mg Tren-E (Kings)	150mg Test-C (Bionche)				
FEEL	Feel good AM / Tired after second meal (half a egg)	TRED AM / crap workout / low libido	Tired Spacy / achy shoulder / low libido	Tired AM / pretty tired PM / achy shoulder pain / low libido	TRED AM (little cardio) - achy shoulder pain / low libido	OK AM / 20 min cardio / Waves of Tired / Energy Late Night / Low Libido	Energy AM / AM 30 min Cardio / Energy w/ waves of tired (little sleep) / Low Libido	
WEEK 11	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	200mg Test-C (pharma)		30 mg dbal to raise E2 if crashed?	12.5 mg anastrozole	vacation on canyon / heavy AC / 1 bump coke - felt loss of control on weekends and head w/1 stopped	vacation / heavy AC	vacation / heavy AC	
FEEL								
WEEK 12	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	vacation / 1 bump coke - felt loss of control on times and head w/1 stopped	vacation	250mg Luke's Test-E (Livestrong)		GOT LABS DONE / E2 sensitive = 14		125mg Luke's Test-E	
FEEL	TRED / SPACY	TRED / SPACY	TRED / SPACY	TRED / SPACY	TRED / SPACY / Boasted after food	TRED / SPACY / Boasted after food / Good morning wood	TRED / SPACY / Boasted after food / Good morning wood	
WEEK 13	Sunday - Esc	Monday	Tuesday - Esc	Wednesday	Thursday - Esc	Friday	Saturday - NP	
GEAR			200mg Test-C (pharma)		Got Thyroid Test done - 3.8			
FEEL			TRED / SPACY / Boasted after food	TRED SPACY / Boasted all day	TRED SPACY / Boasted all day	Tired AM / Tired on and off PM	Tired / Spacy	
WEEK 14	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR		300mg Test-C (pharma)			Got lab done - LDL 110 - Kidney levels 11 HIGH	Infrared Sauna		
FEEL	Tired / Spacy	Tired / Spacy	Tired / Spacy	Tired / Spacy / Good morning wood	Tired / Spacy / Good morning wood	Less Tired / Spacy / Good morning wood	Very Tired / Spacy	
WEEK 15	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	275mg Test-C (pharma)	1500u HCG			Infrared Sauna	1000u HCG / 1500mg Test-C		
FEEL	Stomach Cramps all week	Tired / Spacy / Weak Libido	Tired / Very Spacy	Very Tired / Spacy	Tired / Spacy	Tired Day / OK Late Night / upset stomach night	Tired Morning / Little Tired Night / upset stomach all day	
WEEK 16	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	Mexico / Heavy AC / Adderol	NECK PAIN / Muscle relaxer			75mg Test / 1500u HCG / 6pm	7.5mg Adderol / 6pm / 1u52 / Nac	7.5mg Adderol / 6pm / 1u52 / Nac	
FEEL								
WEEK 17	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	15mg Adderol / 1u52 / Nac	1000u HCG	200mg Test-1 (1/2 pham 1/2 Kings)	1 drop estrogen cream	VEGAS Vacation / 1 drop estrogen cream	VEGAS / heavy alc	VEGAS	
FEEL	Las Vegas day - Stomach Cramps	T & S	T & S	T & S	low libido - estrogen cream ruined???	TRED ALL DAY / low libido - estrogen cream	T & S	
WEEK 18	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR			100mg Test C (Bion.)					
FEEL				ok M wood / Tired on & off	T & S NO BLDAY / camp LMS2 / Friday	T & S - Blood/cramps (after fish brain / no cream)	no blood/cramps last 2 weeks	
WEEK 19	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	5mg adderol	120mg Test C (Bion.)	3u HGH PM (blue tops)	3u HGH half AM/PM	1.5 HGH AM	80mg Test C (Bion.) / 3u HGH Late night / 10mg adderol X8	5 mg adderol x8	
FEEL	mid blast	no blast		Slept 11 hrs - Tired / Flabby spacy / jaw cracks twice at night felt ok / break and hum	Slept 11 hours / Tired after lunch each and dinner work / good workout	Slept 8 hrs OK AM / Tired after lunch each and dinner cake / little energy late	7 hrs sleep / Energy before breakfast, tired after, good workout, tired after food at work	
WEEK 20	Sunday - NP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
GEAR	3u HGH half AM/PM	3u HGH half AM/PM	3u HGH half AM/PM					
FEEL	Spacey FB scroll, tired after bread & ham, decent workout / tired / LOW LIBIDO	Tired right away wake up and all day (did floating FB scroll / LOW LIBIDO	Tired right away wake up and all day (Crap workout / LOW LIBIDO	Tired right away wake up and all day (Crap workout				This week feel very spacey, all I wanna do is sit in bed and scroll on facebook and instagram, seems like the high estrogen spacey feeling. Achy all week