

Clenbuterol Plan

			Clen (mcg)		T3 (mcg)		Keto (mg)		Taurine (g)		Potassium		Blood Press.	Body Temp.
Week	Day	Date	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual		
1	1		20		25		0		2/2					
1	2		40		25		0		2/2					
1	3		60		25		0		2/2					
1	4		80		50		0		2/2					
1	5		100		50		0		2/2					
1	6		120		50		0		2/2					
1	7		120		50		0		2/2					
2	8		120		50		0		2/2					
2	9		120		50		0		2/2					
2	10		120		50		0		2/2					
2	11		120		50		0		2/2					
2	12		120		50		0		2/2					
2	13		120		50		0		2/2					
2	14		120		50		0		2/2					
3	15		120		50		3		2/2					
3	16		120		50		3		2/2					
3	17		120		50		3		2/2					
3	18		120		50		3		2/2					
3	19		120		50		3		2/2					
3	20		120		50		3		2/2					
3	21		120		50		3		2/2					
4	22		120		50		0		2/2					
4	23		120		50		0		2/2					
4	24		120		50		0		2/2					
4	25		120		50		0		2/2					
4	26		120		50		0		2/2					
4	27		120		50		0		2/2					
4	28		120		50		0		2/2					
5	29		120		50		0		2/2					
5	30		120		50		0		2/2					
5	31		120		50		0		2/2					
5	32		120		50		0		2/2					
5	33		120		50		0		2/2					
5	34		120		50		0		2/2					
5	35		120		50		0		2/2					
6	36		120		50		3		2/2					
6	37		120		50		3		2/2					
6	38		120		50		3		2/2					
6	39		120		50		3		2/2					
6	40		120		50		3		2/2					
6	41		120		50		3		2/2					
6	42		120		50		3		2/2					
7	43		120		50		0		2/2					
7	44		120		50		0		2/2					
7	45		120		50		0		2/2					
7	46		120		50		0		2/2					
7	47		120		50		0		2/2					
7	48		120		50		0		2/2					
7	49		120		50		0		2/2					
8	50		120		50		0		2/2					
8	51		120		50		0		2/2					
8	52		120		50		0		2/2					
8	53		120		50		0		2/2					
8	54		120		50		0		2/2					
8	55		120		50		0		2/2					
8	56		120		50		0		2/2					