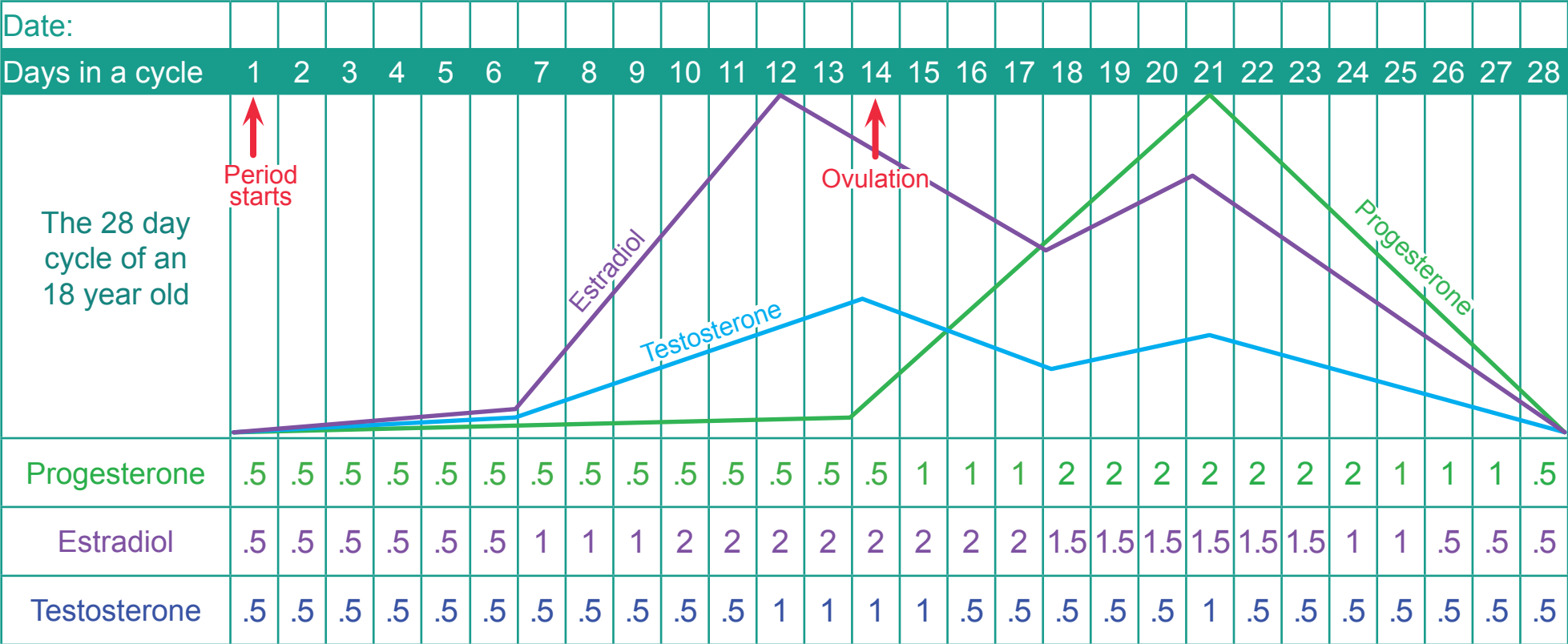


# Helpful Forms

- Below is an example of the first 3 ‘cycles’ of someone who has started HRT and how she customized it for her own body.
- These forms, along with the instructions from ‘How to Customize HRT’, can be used to customize HRT for *your* body.
- The amounts on the ‘General Application Guide’ are the ‘starting’ point from where to adjust up or down over each cycle until you know exactly how much of each hormone your body requires.
- The ‘Blank Application Guide’ is for you to keep a record of the amounts of each hormone that you use until you have your own ‘customized’ application guide.
- The ‘28 Day Cycle Chart Notes’ form is for you to make notes about what happens with each day’s applications of HRT.
- The last two forms are blank so you can print them out and fill them in to create your own application guide.

# General Application Guide





# 1st Cycle

## Sample 28 Day Cycle Chart Notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	4-22-11 Started HRT today. Fatigue and hot flashes 75% better. Feel much more cheerful.	4-23-11 Feel good today, slept much better, woke 2 times, had a couple dreams. No hot flashes or fatigue today.	4-24-11 Slept straight through for 7.5 hours. Had a dream, woke up refreshed.	4-25-11 Same as yesterday.	4-26-11 Same as yesterday.	4-27-11 Didn't sleep as well, woke two times, had a hard time getting back to sleep. Breasts are tender today.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
4-28-11 Didn't sleep as well, woke two times, had a hard time getting back to sleep, breasts still tender, no E today.	4-29-11 Slept better, woke twice, went back to sleep pretty easily, breasts still a bit tender, no E again today.	4-30-11 Slept very well, breasts feel normal, no E again today.	5-1-11 Still feel good during day. Slept well. Adding back a little E.	5-2-11 Still feel good during day. Slept well.	5-3-11 Still feel good during day. Slept well. Added a bit more E.	5-4-11 Still feel good during day. Slept well. Added a bit more E.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
5-5-11 Still feel good during day. Slept well. Added a bit more E.	5-6-11 Still feel good during day. Slept well. Added a bit more E.	5-7-11 Still feel good during day, dreamed a lot, breasts tender again, stopped E.	5-8-11 Still feel good during day, slept better, breasts still a bit tender, still no E.	5-9-11 Slept ok, felt quite warm this morning, used a bit of E again, felt good, no more hot flashes.	5-10-11 Still feel good during day. Slept well.	5-11-11 Still feel good during day. Slept well. A little spotting today, time for period.



## 2nd Cycle

# Sample 28 Day Cycle Chart Notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5-12-11 Started period, cramps, heavy bleeding, used to be light, headache, more P, now head fine & cramps better.	5-13-11 Period very heavy and clotty, slight headache, added more P, head fine, too much blood so no E.	5-14-11 Period very heavy and clotty, too much blood so no E.	5-15-11 Period normal flow today, no headache or clots, still no E.	5-16-11 Period normal flow today, no headache or clots, still no E.	5-17-11 Period getting lighter, felt a bit tired and irritable, added E and was fine.	5-18-11 Period very light, been sleeping well, mood good, energy good.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
5-19-11 Just a little spotting today, didn't sleep so well, feel a bit foggy in the head, added more E and was fine.	5-20-11 No blood today, Slept really bad, added E	5-21-11 Slept better and felt more alive.	5-22-11 Slept well, felt good all day.	5-23-11 Slept well, felt good all day.	5-24-11 Slept well, felt good all day. I think I have figured out this estradiol thing for my body.	5-25-11 Slept well, felt good all day.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
5-26-11 Slept well, felt good all day.	5-27-11 Slept well, felt good all day.	5-28-11 Slept well, felt good all day.	5-29-11 Slept well, felt good all day.	5-30-11 Slept well, felt good all day.	5-31-11 Slept well, felt good all day.	6-1-11 Slept well, felt good all day.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
6-2-11 Slept well, felt good all day.	6-3-11 Slept well, felt good all day.	6-4-11 Slept well, felt good all day.	6-5-11 Slept well, felt good all day.	6-6-11 Slept well, felt good all day.	6-7-11 Slept well, felt good all day. A little spotting today.	6-8-11 Slept well, felt good all day. Slight headache and a little spotting. Added a bit more P&E and headache went away.



## 3rd Cycle

# Sample 28 Day Cycle Chart Notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6-9-11 Started period, pretty light, no cramping, feeling good, sleeping well.	6-10-11 Period regular flow, slight headache, used more P and it went away.	6-11-11 Period the same, lining shed today. Feeling good sleeping well.	6-12-11 Period lighter, a little bit of lining shed.	6-13-11 Period ended today.	6-14-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-15-11 Sex drive is better today, had sex with hubby and all went very well.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
6-16-11 Had sex again and went well.	6-17-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-18-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-19-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-20-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-21-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-22-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
6-23-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-24-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-25-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-26-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-27-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	6-28-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches. Had sex again and went well.	6-29-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches. Had sex again and went well.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
6-30-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches. Had sex again and went well.	7-1-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	7-2-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	7-3-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	7-4-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	7-5-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches.	7-6-11 Feel very good. Energy fine, sleeping well, no hot flashes or headaches. No spotting this month ahead of time.



# Blank 28 Day Cycle Chart Notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28