

Microdosing Protocol

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5 (optional)							
Week 6 (optional)							

Please use this sheet to make notes for yourself and for the **weekly questionnaires** at the end of every week. Mark what day is a **dosing day** and note the **dose** you used on that day, don't forget to specify the measuring unit in milligram, microgram or gram, depending on the substance you use. Please don't forget to do this, as we will ask you about this at the end of every week. Keep this sheet during your microdosing experience.

