



Peptide Cycle Planner

Map out a full cycle before you start

Cycle name / goal:

Primary objective:

Start date:

Planned end date:

Total length (weeks):

Deload / off weeks:

Compounds in this cycle

COMPOUND	DOSE	FREQUENCY	WEEKS ON	WEEKS OFF	NOTES

Week-by-week checklist

WEEK	DATES	PLAN / ADJUSTMENTS	DONE

Plan conservative titration and build in off-weeks where your protocol calls for them. Record what you actually run against the plan — cycles drift, and the notes are what make the next one better.

For research purposes only. Not medical advice. | highpeptides.com/printables/

Supplies You'll Need

Practical, low-cost supplies for safe reconstitution, measuring, and storage.

**GLUCO-CARE Insulin Syringes
31G, 1 mL, 5/16" (100-count) →**

31G × 5/16" 1 mL — the standard configuration for subcutaneous research dosing; single-use only.

**Curad Sterile Alcohol Prep Pads,
70% Isopropyl (400-count) →**

Individually wrapped 70% isopropyl pads — one for the vial septum and one for the site, every time.

**Oakridge Sharps Container, 1-
Quart (3-pack) →**

Used needles go in a sharps container, never household trash — a 1-quart 3-pack covers months of research.

**Ks-Tek Sterile 10 mL Vials with
Self-Healing Injection Port →**

Steam-sterilized empty vials with self-healing septa — for holding reconstituted solutions between draws.

**Moyite 9-Slot Vial Holder for
Refrigerator (fits 5–10 mL vials) →**

Keeps reconstituted vials upright and organized in the fridge — fits standard-height 5–10 mL vials.

Full supplies checklist with current product links: highpeptides.com/supplies/