

DEAD SLOW AND STOP PRED DROP METHOD

(Can pause before moving down a line if you need/amend number of mg using search and replace)

WEEK NO.	WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		7mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg
2		7mg	7mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg
3		7mg	7mg	7mg	7.5mg	7.5mg	7.5mg	7.5mg
4		7mg	7mg	7mg	7mg	7.5mg	7.5mg	7.5mg
5		7mg	7mg	7mg	7mg	7mg	7.5mg	7.5mg
6		7mg	7mg	7mg	7mg	7mg	7mg	7.5mg
7		7mg	7mg	7mg	7mg	7mg	7mg	7mg
8		6.5mg	7mg	7mg	7mg	7mg	7mg	7mg
9		6.5mg	6.5mg	7mg	7mg	7mg	7mg	7mg
10		6.5mg	6.5mg	6.5mg	7mg	7mg	7mg	7mg
11		6.5mg	6.5mg	6.5mg	6.5mg	7mg	7mg	7mg
12		6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	7mg	7mg
13		6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	7mg
14		6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg
15		6mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg
16		6mg	6mg	6.5mg	6.5mg	6.5mg	6.5mg	6.5mg
17		6mg	6mg	6mg	6.5mg	6.5mg	6.5mg	6.5mg
18		6mg	6mg	6mg	6mg	6.5mg	6.5mg	6.5mg
19		6mg	6mg	6mg	6mg	6mg	6.5mg	6.5mg
20		6mg	6mg	6mg	6mg	6mg	6mg	6.5mg
21		6mg	6mg	6mg	6mg	6mg	6mg	6mg

GOOD LUCK!! SLOW AND STEADY!