PEPTIDE & HRT TRACKER · IPHONE

ApexProtocol

Everything you take. Everything it does. In one app.

Build your protocol. Get reminded. Log every dose. See what is active in your body right now. Track your bloodwork, your weight and how you actually feel — and share a clean report with your doctor or coach.

- Shareable protocol card
- Doctor-ready PDF report



87
COMPOUNDS

35
BLOOD MARKERS

11
LAB PANELS

5
SECTIONS

A personal tracking tool. Not medical advice.

OVERVIEW

The app at a glance

Five sections. Each one handles a different part of running a protocol properly.

1	**Home**	Your day at a glance — what is due, what you missed, and how your levels, weight and testosterone are tracking.
2	**Protocols**	Everything you are taking, everything you have finished, and a full history of every dose you have logged.
3	**Bloodwork**	Your lab results over time, across 35 markers, with trends and a shareable PDF report.
4	**Journal**	How you feel day to day — mood, energy, notes, side effects — plus progress photo albums.
5	**Settings**	Your profile, your units, your subscription, and one-tap deletion of everything.

WHAT MAKES IT DIFFERENT

Most people track this stuff in notes or a spreadsheet. ApexProtocol does two things a spreadsheet never can: it shows you how much of each compound is still active in your body right now, and it turns your bloodwork into a report you can hand straight to a doctor.

Who it is for

TRT & HRT
Injections, esters, dose changes and quarterly bloodwork — all in one place.

Peptide users
Several compounds at once, each with its own schedule and mixing maths.

Weight management
Weekly titration schedules and side effects, tracked properly.

Coaches & clinics
Clients who log reliably and hand back a readable record.

SECTION 01

Home screen

Open the app and you immediately know what to do today — and how everything is trending.

Today, at a glance

A personal greeting, what is due next, and every active protocol with its exact dose and how many units to draw.

One-tap logging

Tap Log and the dose is recorded. Multi-dose days show your progress — 1 of 2, 2 of 3 — and turn green when the day is done.

Missed doses, caught

The app looks back over the last few days and flags anything you did not log. Log them one by one, log them all at once, or skip the ones you genuinely did not take.

Active levels

A live estimate of how much of each compound is still working in your body, shown as a bar and a number. Tap through for the full curve over a day, a week, a month, or since you started.

Testosterone estimate

For TRT users, an estimated testosterone level in the same units your doctor uses, plotted against the normal range. Dial it in with your real bloodwork so it matches you.

Weight trend

Your latest weigh-in plus a graph of the last eight, with how fast it is moving and how far you have come.

Your week

A seven-day strip showing what is still scheduled and what you have already taken. Tap for the full calendar.

Reconstitution calculator

Built right in. Vial size plus water in, exact syringe units out — with a picture of where to draw to.

THE POINT

No thinking required. The app tells you what is due, you tap once, and everything else updates itself — the graphs, the history, the calendar, the reminders.

SECTION 02

Protocols

Where you build what you are taking — and keep the full record of everything you have ever run.

Adding something new

Five ways in

Peptides, hormone therapy, supplements, medications — or a custom compound you enter yourself. Nothing is off-limits.

87 compounds ready to go

Pick one and the app fills in the usual dose, how often, how long it lasts and how it is taken, with notes on each.

Your schedule

Daily, twice daily, every other day, 5-on-2-off, weekly, or as needed. Choose the exact days and the exact times.

Dose ramps

Building up week by week? Enter the ramp once and the app shows, reminds and logs the right dose for whatever week you are in.

Reconstitution sorted

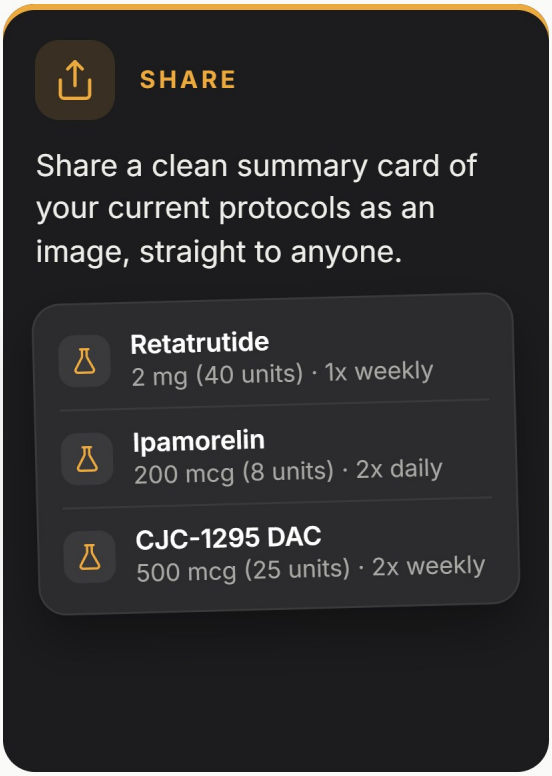
Enter your vial and water and the app stores the exact units to draw — and rescales them automatically as your dose changes.

Start where you are

Started two weeks ago? Back-date it and the app offers to fill in every dose you already took.

Managing what you run

- Active protocols are grouped by type — peptides, hormones, supplements, medications — with dose, schedule, times and how long you have been on each.
- Edit anything at any time. Reminders and graphs update themselves.
- Finished something? End it and it moves to Past Protocols, keeping the dates, the duration and the total doses you logged.
- A full Dose Log keeps every dose you have ever taken, grouped by compound, with dates, times and amounts.
- Reminders go out per dose, per time, per day — and you can mute any protocol without deleting it.



SECTION 03

Bloodwork

Your lab results, organised properly and turned into something a doctor can actually read.

35 markers, 11 panels

Hormones, lipids, inflammation, metabolic, liver, kidney, thyroid, blood count and more — the full picture, not just testosterone.

Any lab, any country

Every marker supports both US and international units, with the right normal range for each. Mixed-unit lab reports are handled too.

Instantly readable

Every result is checked against its normal range and flagged, so you can see what is off without decoding a lab sheet.

Only what you tested

Fill in the markers you had done and leave the rest blank. Nothing is forced.

Trends over time

From your second test onward, the app compares everything and tells you what is improving, what is steady, and what needs attention — with the percentage change.

A real report

Export the whole history as a clean multi-page PDF with your name, every result, every normal range and a graph per marker. Email it to your doctor or save it in seconds.



WHY PARTNERS CARE

This is the piece that turns a consumer app into a clinical tool. A client shows up to their appointment with a complete, dated record of what they took, whether they took it, how they felt and what their labs did — in one PDF.

What is covered

- Primary hormones
- Lipid panel
- Inflammation
- Metabolic
- Liver function
- Kidney function
- Reproductive
- Growth hormones
- Adrenal
- Thyroid
- Blood count

SECTION 04

Journal & progress

The part the numbers miss — how you actually feel, and what you actually look like.

Daily check-in

Rate your mood and energy, and write whatever you want. Takes ten seconds.

Side effects, linked

Log side effects against the specific compound you think caused them, from a list tailored to that compound type.

Progress photos

Build albums — front, back, legs, whatever you want — and add photos from your camera or library.

Photos with context

Attach your weight and a note to each photo, so you can see the numbers behind the change.

SECTION 05

Free & Premium

Free

One protocol, fully featured

- Full compound library
- Dose logging & missed doses
- Reminders & schedules
- Dose ramps
- Calendar & weight tracking
- Journal & progress photos

Premium

Monthly or yearly

- Unlimited protocols
- Active levels & full graphs
- Testosterone estimate
- Reconstitution calculator
- Full bloodwork tracking
- Trends & PDF reports

PRIVATE BY DEFAULT

No account. No sign-up. Your protocols, bloodwork, journal and photos stay on your phone — nothing is stored anywhere else. Your data only leaves your device when you choose to share a report. And one tap in Settings deletes all of it.