

# **DOSING JOURNAL**

- Everybody is different - it will take some experimentation to find your ideal dose.
- · Take too small of a dose and you may not feel any effects at all, too high of a dose and you may experience undesirable results or a general worsening of symptoms.
- Less is more start low and slow with 1/2 recommended dose for 1 to 2 days, keeping track of your reactions and adjust dosage up or down accordingly.
- Patience is essential - while some people get results immediately, many report not seeing results for weeks.
- · NOTE: Like grapefruit, CBD. CBG and CBN can interfere with your body's ability to process certain pharmaceutical drugs. Consult with your physician if you are on any prescription medications before using these products.

Product Name	
Date	
Time	Dosage (ml)
Time	Dosage (ml)
Time	Dosage (ml)

### **BEFORE DOSING**

Describe general feelings prior to use.

#### **EFFECTS**

Write a symptom on each line. Indicate on charts how strong symptoms are before and after CBD dose.

# SYMPTOM 1 Before Dose After Dose Mild Intense Mild

SYMPTOM 2				
	Before Dose		After Dose	
	Mild	Intense	Mild	Intense
SYMPTOM 3				
	Before Dose		After Dose	

Intense Mild

# **PERIODIC RESULTS**

Record how your symptoms change hourly.

	Wor	se			Same	9		Е	Better
1 Hr									
	-4	-3	-2	-1	0	+7	+2	+3	+4
	Wor	se			Same	9		Е	Better
2 Hrs									
	-4	-3	-2	-1	0	+7	+2	+3	+4
	Wor	se			Same			Е	Better
3 Hrs	Wor	se			Same	•		E	Better
3 Hrs	Wors	-3	-2	-1	Same 0	+1	+2	+3	Better +4
3 Hrs		-3	-2	-1		+]	+2	+3	
3 Hrs 4 Hrs	-4	-3	-2	-1	0	+]	+2	+3	+4

### **AFTER DOSING**

In general, how do you feel after dosing?

Time	Dosage (ml)
Time	Dosage (ml)
Time	Dosage (ml)
<b>BEFORE DOSING</b> Describe general feelings price	or to use.

# **EFFECTS**

Write a symptom on each line. Indicate on charts how strong symptoms are before and after CBD dose.

# SYMPTOM 1

	Before Dose		After Dose	
	Mild	Intense	Mild	Intense
SYMPTOM 2				
	Before Dose		After Dose	
	Mild	Intense	Mild	Intense
SYMPTOM 3				
	Before Dose		After Dose	
	Mild	Intense	Mild	Intense

# **PERIODIC RESULTS**

Record how your symptoms change hourly.

	Wors	se			Same	,		E	3etter
1 Hr									
	-4	-3	-2	-1	0	+]	+2	+3	+4
	Wors	se			Same			E	Better
2 Hrs									
	-4	-3	-2	-1	0	+1	+2	+3	+4
	Wors	se			Same	;		Е	Better
3 Hrs	Wors	se			Same			E	Better
3 Hrs	Wors	-3	-2	-1	Same 0	+]	+2	+3	Better +4
3 Hrs		-3	-2	-1		+]	+2	+3	
3 Hrs 4 Hrs	-4	-3	-2	-1	0	+]	+2	+3	+4
	-4	-3	-2	-1	0	+]	+2	+3	+4

### **AFTER DOSING**

In general, how do you feel after dosing?


Product Name	
Date	
Time	Dosage (ml)
Time	Dosage (ml)
Time	Dosage (ml)
BEFORE DOSING	

Describe general feelings prior to use.

### **EFFECTS**

Write a symptom on each line. Indicate on charts how strong symptoms are before and after CBD dose.

SYMPTOM I				
	Before Dose		After Dose	
	Mild	Intense	Mild	Intense
SYMPTOM 2				
	Before Dose		After Dose	
	Mild	Intense	Mild	Intense
SYMPTOM 3				
	Before Dose		After Dose	

Intense Mild

Intense

# **PERIODIC RESULTS**

Record how your symptoms change hourly.

	Wor	se			Same	<b>;</b>		E	Better
1 Hr									
	-4	-3	-2	-1	0	+1	+2	+3	+4
	Wor	se			Same			Е	Better
2 Hrs									
	-4	-3	-2	-1	0	+]	+2	+3	+4
	Wor								Better
		se			Same	;			berrei
3 Hrs		se			Same	;			Jetter
3 Hrs	-4	-3	-2	-1	0	+]	+2	+3	+4
3 Hrs		-3	-2	-1		+]	+2	+3	
3 Hrs 4 Hrs	-4	-3	-2	-1	0	+]	+2	+3	+4

### **AFTER DOSING**

In general, how do you feel after dosing?
