

Cannabis & CBD Symptom Tracking Sheet

Use this tracking sheet to track your CBD ingestion method, dosage, timing and symptoms. Be as specific as possible to best aide your healthcare provider and/or budtender in your continuation of care. Feel free to take this tracking sheet with you to your primary care physician or local dispensary to guide you in the best dosage/method for you and your goals. There are suggestions as to what to track, but track anything in addition to these listed suggestions as you deem necessary.

1 Ingestion Method: inhalation/vaporizer, sublingual spray/tincture, gel capsule, edible, topical/salve/lotion (for direct muscle pain relief)

2 Dosage: in mg (if inhaling, use number of puffs) & frequency per day

3 Timing: list the time of day you take each dose, then take note of how long it takes for you to notice any effects, if at all.

4 Symptoms: list every possible symptom you notice, both good & bad. Take note of the time of onset of each symptom along with what you've eaten recently around that dose.

For more information on cannabis and CBD, visit thepineappleexpressionist.com