CANNABINOID USAGE TRACKER

bloomfarmscbd.com

PRODUCT (SELECT ONE):

☐ RECOVER ☐ RELIEVE ☐ BALANCE ☐ DREAM

	Date	Time	Serving Size	Amount (mg CBD)	Time	Serving Size	Amount (mg CBD)	Time	Serving Size	Amount (mg CBD)	Total Daily Amount	Mind (1-10)	Body (1-10)	(1-10)	Notes
WEEK 1															
WEEK 2															
WEEK 3															
WEEK 4															