

30-DAY CANNABINOID TRACKER



Your 30-Day journal to document your response to cannabinoids

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- Cannabinoids Science
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30-day Cannabinoid Tracking Journal

Introduction

Hello! Do you need more information before purchasing a CBD or other cannabinoid product, and you have no idea how much to take or how it will affect your body? Fear not, because we've got you covered!

Welcome to your 30-Day Cannabinoid Tracking Journal!

In this journal, you will have the opportunity to document your experience with cannabinoids over the course of 30 days. This will help you to become more aware of how cannabinoids affect your body, as well as provide you with valuable insight into how to best use them for your health and wellness. Through this journal, you will be able to track your progress and reflect on any changes you experience. So, let's get started!

Purpose of the Tracking Journal

The purpose of using a cannabinoid 30-day tracking journal is to document the effects of cannabinoid products on a person's health and wellbeing over time. This journal can be used to track the changes in symptoms, side effects, and benefits associated with taking a particular cannabinoid product, as well as track any other lifestyle changes or events that may have an impact on the effects of the product. By taking notes in the journal, a person can better understand the effects of cannabinoids and use this information to make informed decisions about their health and wellness, about which cannabinoids help you most and exactly how much to take to benefit you personally.

Overview of Cannabinoid Science

Cannabinoid science is the study of the chemical components of the cannabis plant and their effects on the human body. Cannabinoids are the chemical compounds that are found in the cannabis plant, and they interact with the human body's endocannabinoid system. This system is responsible for regulating various physiological functions such as appetite, pain, mood, and memory, which is called homeostasis. A state of balance among all the body systems needed for the body to survive and function correctly. Cannabinoid science is a rapidly growing field of research and has the potential to improve our understanding of the human body and its relationship with cannabis. Through research, scientists are discovering a variety of potential medical applications for cannabinoids, such as pain relief, anxiety relief, anti-inflammatory effects, and even the treatment of certain types of cancer.

Having gained an understanding of the properties and effects of cannabinoids, the following 30 pages are devoted to tracking your progress and determining the ideal cannabinoids and dosages for your needs.

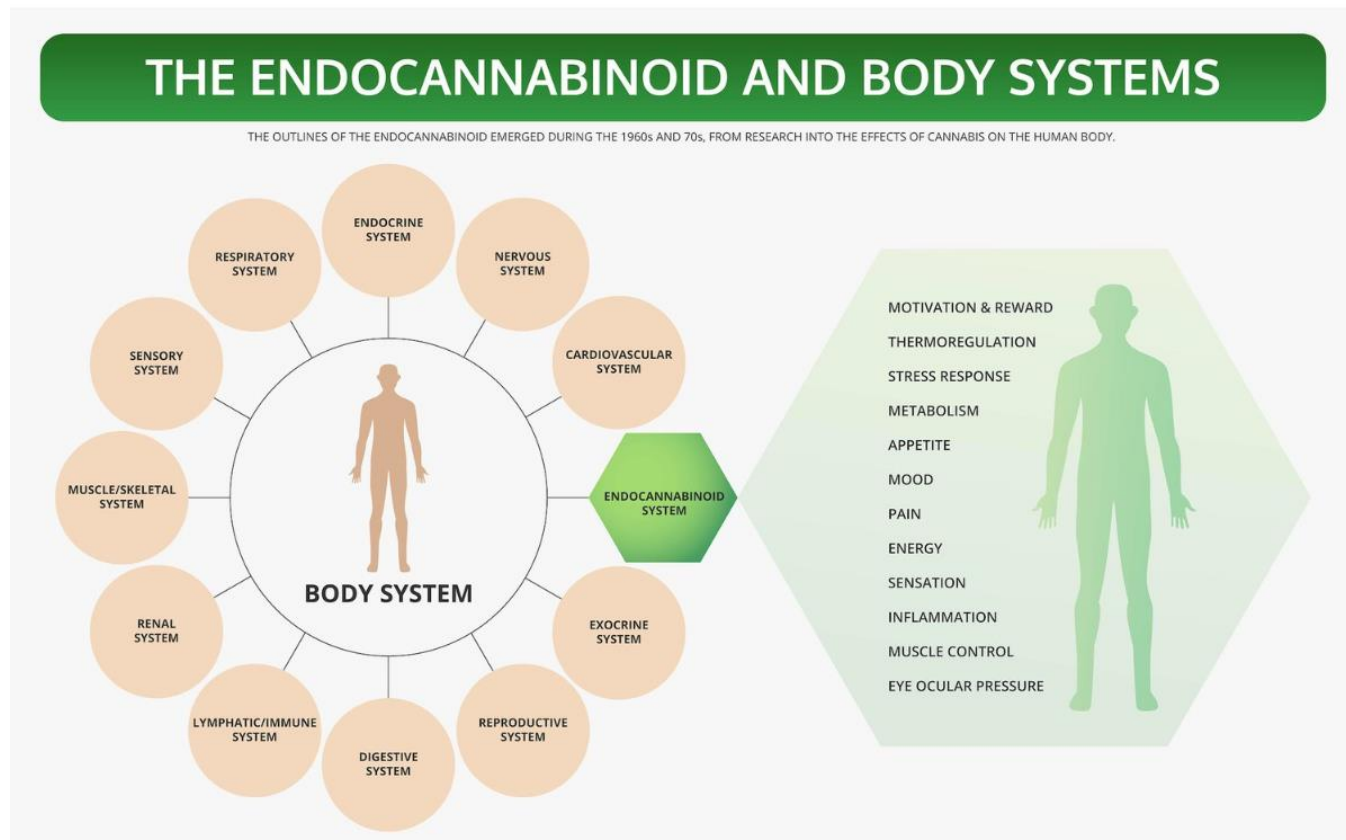
What are Phyto-cannabinoids?

Phyto cannabinoids are substances found in plants. Some well-known cannabinoids include CBD, CBG, CBN and THC. Some are psychoactive (get you high) and some are non-psychoactive. Many other plants have Phyto-cannabinoids, not just the cannabis plant. Plants, such as Echinacea purpurea, Helichrysum

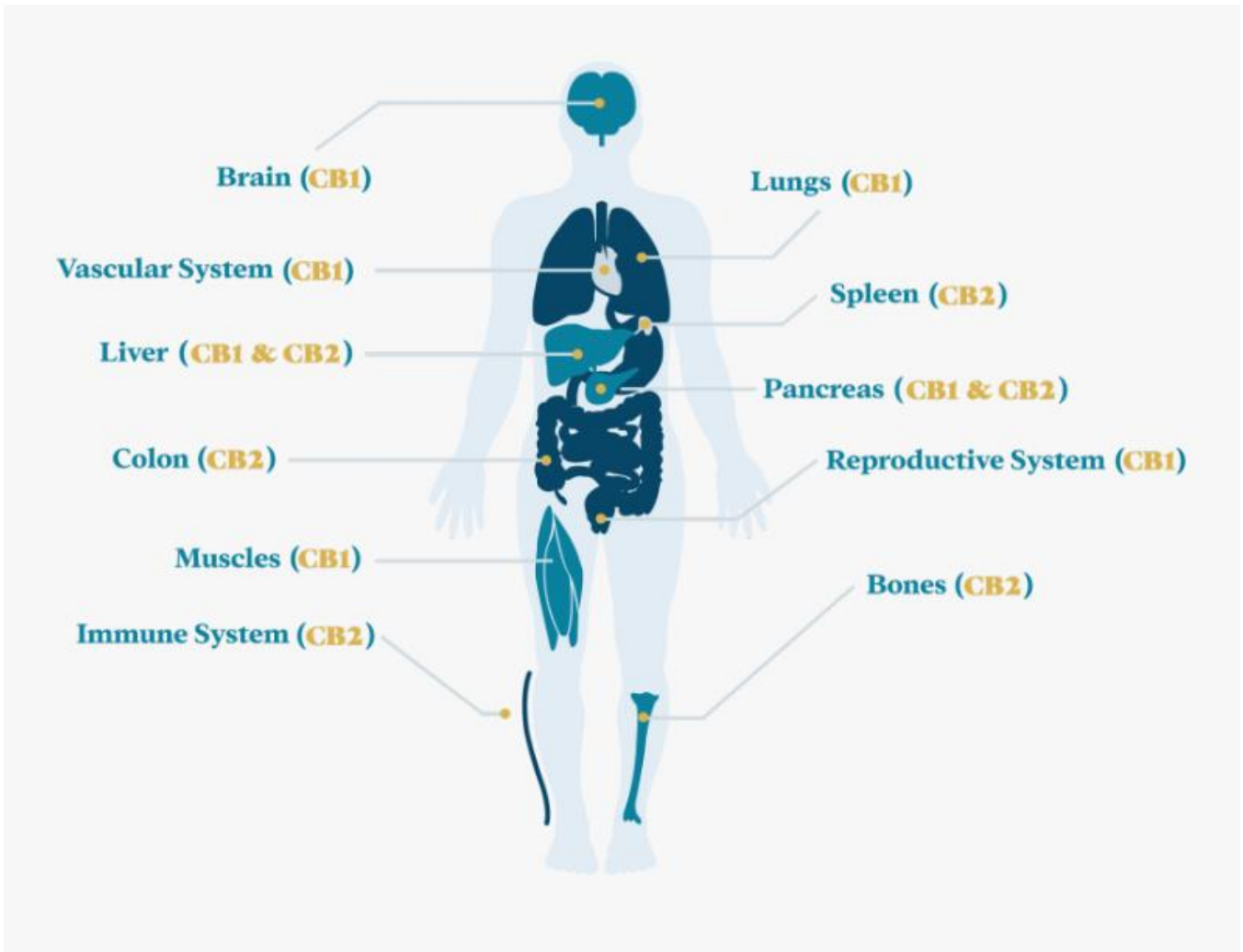
umbraculigerum and Piper nigrum, have been found to contain Phyto cannabinoids. They all interact with the body's endocannabinoid system in different ways. They are like the cannabinoids produced naturally by the body (endocannabinoids) and can help regulate processes such as mood, pain, appetite, and memory. They can also interact with the body to produce a range of other effects, such as reducing inflammation, relieving pain, and even having anti-cancer properties. Many of the most popular cannabinoids have been studied for many years but more human studies need to be conducted for some of the lesser-known and minor cannabinoids.

Endocannabinoid System

The endocannabinoid system was first discovered in the 1990's in the lab of Dr. Raphael Mechoulam, an Israeli scientist. You may or may not know that all mammals have an endocannabinoid system or ECS. Our bodies have many systems and the ECS is a system of receptors and chemicals in the body that help regulate functions such as mood, appetite, memory, and pain. These are just a few of the benefits that have been experienced from multiple studies that have been conducted around the world. The receptors are located throughout the body, including the brain and many of the major organs, and are activated by compounds called endogenous cannabinoids or endocannabinoids for short, which are produced naturally by the body. Endocannabinoids bind to the receptors and act like keys in a lock, allowing certain messages to be sent between cells. In this way, the endocannabinoid system plays an important role in regulating processes such as mood, pain, appetite, and memory. Unfortunately, doctors are not taught about the ECS and few know about the receptors or the role that cannabinoids play in our bodies.



ENDOCANNABINOID SYSTEM



CANNABINOIDS AT A GLANCE

There are over 100 cannabinoids that have been discovered so far in the cannabis plant. Studies show that all cannabinoids have potential to provide therapeutic benefits to the body. Each cannabinoid has its own unique properties and potential therapeutic effects, so it is important to do further research to determine which cannabinoid is best suited for individual needs.

The following page shows some of the better-known cannabinoids and what they do in our bodies.

There are a plethora of new minor and synthetic cannabinoids on the market that need further studies for safety and efficacy. If you are looking at purchasing any of the newer cannabinoids, make sure you ask for a full panel COA. (More about 3rd party testing after this section)

CBD (Cannabidiol) is a naturally occurring compound found in the Cannabis sativa plant. It is one of the many cannabinoids found in the plant, but unlike THC (tetrahydrocannabinol), it does not produce any psychoactive effects. CBD has been studied for its potential therapeutic benefits, including reducing anxiety, relieving chronic pain, reducing inflammation, and improving sleep. It has also been studied for its potential anti-cancer effects, but more research is needed in this area.

CBG (Cannabigerol) is a cannabinoid found in cannabis plants and hemp. It is a precursor to both THC and CBD, meaning it breaks down into those two cannabinoids over time. CBG has been found to have a range of potential health benefits, including reducing inflammation, relieving pain, and fighting bacteria. It may also help reduce symptoms of depression, anxiety, and glaucoma. As research continues, more potential benefits may be discovered.

CBG-A (cannabigerol acid) is a non-psychoactive cannabinoid found in cannabis plants. It is the precursor to other cannabinoids such as CBD, THC, and CBN. CBG-A has many potential therapeutic benefits, including anti-inflammatory, anti-anxiety, and anti-cancer properties. It is also being studied for its potential to reduce intraocular pressure, which may make it beneficial for treating glaucoma. CBG-A is also being studied for its potential to improve mood and reduce stress.

CBN (cannabinol) is a minor cannabinoid found in the hemp plant. It is the oxidized form of THC and is produced when THC is exposed to oxygen and light over time. CBN has been studied for its potential therapeutic benefits, as it has been found to have anti-inflammatory, analgesic, sedative, and anticonvulsant properties. It has been studied for its potential to help with sleep, pain relief, and neurological disorders. Additionally, studies have shown that CBN may have neuroprotective properties and could help with conditions such as Alzheimer's disease.

Delta 9 THC is one of the main psychoactive components of cannabis. It is one of the most abundant cannabinoids in marijuana and is responsible for the plant's effects on the body and mind. Delta 9 THC has many potential health benefits, including relief from chronic pain and inflammation, improved sleep, reduced stress and anxiety, and increased appetite. It is also being studied for potential anti-cancer effects.

Delta 8 THC is a type of cannabinoid derived from the hemp plant that has recently gained popularity due to its unique health benefits. Delta 8 THC is an isomer of CBD and is found in much lower concentrations than other cannabinoids such as CBD and Delta 9 THC. Delta 8 THC is known to have a milder psychoactive effect than Delta

9 THC and is known for its potential anti-anxiety, pain relief, and anti-nausea effects. It is also known to have anti-inflammatory and neuroprotective properties.

CBC (cannabichromene) is a cannabinoid found in the cannabis plant. It is thought to have potential therapeutic benefits, including anti-inflammatory, anti-cancer, and anti-anxiety effects. It may also have a role in pain relief, appetite stimulation, and tumor suppression. CBC may also help reduce the negative side effects of THC, such as anxiety and paranoia, while still providing its own unique therapeutic effects.

IS MY PRODUCT SAFE? 3rd PARTY LAB TESTING

If you purchased a product and it didn't have a full panel 3rd party lab test available, ask them to provide one for you. This is something that should be available for any product you purchase whether online or at a brick-and-mortar store front. If they can't provide the test, then let them know you want to return the product and get a refund. A certificate of analysis is a report from an accredited, 3rd party laboratory that details the chemical analysis of a substance and will show if the product you purchased has the advertised milligrams and show if the product is free of pesticides, heavy metals, and residual solvents.

How to read the analysis report:

At the top of the COA, you will find the product name, the company who ordered the testing, batch number, and the date. The date and batch number should match the product that is under consideration for purchase. If the date is old or if there is a different batch number, that may be a sign the company does not test every batch. Contact the company for the COA that matches the batch number of your product. If they can't provide it, don't purchase from them.

The body of the report will generally have the test results grouped into categories. Most COAs will report the results in milligrams per gram or %. In the case of tinctures, 1ml of tincture will weigh about 1 gram. If there is a LOQ (%) column, that means a limit of quantitation, which is the smallest amount detectable by the laboratory's equipment.

Cannabinoid Concentration

The cannabinoid profile is a listing of all the cannabinoids found in the product and the potency of each one. That includes the major and minor cannabinoids, such as THC, THCA, CBD, CBDA, CBC, CBG, CBGA. If it is a CBD hemp-based product, the amount of Delta 9 THC should be 0.3% or below, which is the legal limit. Synthetic cannabinoids will also show up here if present.

Microbiological Testing

To truly be considered safe, your CBD product should have microbiological testing. These analyses ensure that your product is not contaminated with harmful microorganisms such as salmonella, mold, yeast, or other biological contaminants that you wouldn't want in your body.

Synthetic Cannabinoids

Synthetic cannabinoids are chemical compounds developed in a laboratory that are designed to mimic the effects of the active ingredients in cannabis. These chemicals are used in a variety of products, including disposable vape

pens, vape cartridges, tinctures, gummies, and other products. They can produce effects like those of cannabis but are often much more potent and could have dangerous side effects if not extracted and filtered properly.

Residual Solvents

CO₂ or other solvents are used to extract the medicinal compounds of a CBD product. Each solvent will extract different compounds from the plant and has their pros and cons. Examples of solvents include ethanol or butane. These solvents can leave residues which must be filtered from the final product. The solvent tests will detect any residuals. A good extraction lab will take the time to make sure the product is clean of solvents. As long as they are clean of solvents, they are considered safe.

Carbon Dioxide (CO₂) is a technique that allows for a clean extraction of cannabis products. CO₂ extraction should be done by experts. Some solvents, such as acetone, benzene, and propane should never be used to extract a CBD product. No matter what type of extraction method is used, there should be no evidence of solvent residues showing up in the final product.

Supercritical CO₂ extraction uses carbon dioxide under high pressure and extremely low temperatures to extract the desired cannabinoids, terpenes, and other beneficial compounds from the hemp plant. This method of extraction preserves the potency and purity of the

Pesticides

Pesticide use in cannabis products is common and a serious concern. A 2016 study found that 84.6% of cannabis products available in the legal market in Washington state tested positive for pesticide residues. If pesticides are used in cannabis production, they are concentrated into the final product. The presence of dangerous pesticides has documented health risks. These compounds come in the form of toxins that hinder the process of the neurological, developmental, hormonal, and reproductive systems within the body. Many of these pesticides are harmful even if present in very small amounts. A CBD product should not be cultivated using any pesticides or fungicides that are not on the approved list of agents. Both the American Herbal Products Association and American Herbal Pharmacopoeia have developed medical cannabis guidelines for cultivation and production. Pesticide residue should not be present in any product you are going to ingest or use topically.

Mycotoxins

Mycotoxins are specific species of mold that can contaminate CBD products. There are several types of mycotoxins which are categorized into groups. Aflatoxins are probably the most common and the most harmful. Other major types of mycotoxins include citrinin, ergot, fusarium, ochratoxin, and patulin.

Heavy Metals

Cannabis is a bio-accumulator that cleans the soil it is grown in. If there are heavy metals present in the plant afterwards, they should not be used for human consumption. Having heavy metals evaluated in CBD products is crucial. Remnants of antimony, arsenic, copper, nickel, lead, selenium, silver, mercury, zinc, and others can be toxic if ingested in certain amounts. You don't want to see any heavy metals showing up on a laboratory analysis!

Additional Information Regarding Lab Testing

The name, date, and signature of the technicians who analyzed the sample can be found at the end of the report. This establishes the authenticity of the COA. There should also be the lab's name, their contact information, and their certification number. Make sure that the lab who is issuing the report is not the same company who is selling the product. This ensures the report is from a third party. There should also be a QR code that is unique to that test. If there is no QR code on the COA then it's likely not an accredited lab or the QR code was removed by someone redacting the COA to use for their own.

The lab test should reflect all tests that were performed. If you don't see anything for pesticides, heavy metals, residual solvents, then most likely only a potency test was performed. If you need that information, you can always contact the company and ask questions.

Does the amount of CBD or other cannabinoids on the bottle match what was shown on the COA (give or take 5mg)? There is a +/- 5mg margin that is accepted on a lab test. If your product isn't exactly what it's advertised as, be sure it's only 5mg off.



What is the difference between Full Spectrum, Broad Spectrum, Complete Spectrum and Isolates:

Full-spectrum concentrates are extracts from cannabis that contain the entire chemical composition of the plant, such as all cannabinoids, terpenes, flavonoids, vitamins, proteins, and fatty acids. In contrast, broad-spectrum oil includes all of the components of a full-spectrum oil, but without the presence of THC.

CBD distillate cannot be classified as a full-spectrum product, even if terpenes and other essential oils are reintroduced since the oil does not possess a 'true' full-spectrum profile. On the other hand, crude CBD oil may be considered complete-spectrum since it contains all of the components of hemp.

CBD Isolate is an isolated cannabinoid molecule, lacking the entourage effect of the whole plant. Studies have shown that full or complete spectrum oils, which contain all of the cannabinoids from the original plant, are more beneficial for the body than isolated molecules. This is because the cannabinoids in full spectrum oils interact with each other, creating a synergistic reaction with our endocannabinoid receptors.

30-Day Cannabinoid Tracker – Day 1

Date: _____



Product Information

Brand: _____

Price: _____

Cannabinoids: (Determine the most abundant cannabinoid in the product and place a checkmark next to it) If the product has a ratio or blend, for example, CBD/CBG, then check all that apply).

____ CBD

____ CBC

____ CBN

____ D8-THC

____ CBG

____ D9-THC

____ CBG-A

____ THCA

____ Other: _____

Product Type:

____ Edible (Gummy, candy, soft gel, capsule, drink, powder pack)

____ Vape or Cartridge

____ Oral Tincture: (spray or drops)

____ Suppository

____ Flower/Bud

____ Concentrate

____ Topical Other: _____

Did your product come with a full panel Certificate of Analysis (COA)? What was the total cannabinoid %? _____

Total mg per unit: _____

How many mg's you took: _____

What time you took the product: _____

What benefits you are hoping to achieve using this product?

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 2

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 3

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 4

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 5

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 6

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 7

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 8

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 9

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 10

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 11

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 12

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 13

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 14

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 15

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 16

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 17

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 18

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 19

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 20

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 21

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 22

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 23

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 24

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 25

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 26

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 27

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 28

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 29

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Cannabinoid Tracker – Day 30

Date: _____

How many mg's you took: _____

What time you took the product: _____

If taking a product with THC, how much time passed before you felt the onset? _____

How long did the psychoactive effect last? _____

What symptoms did you have before taking the product?

What effects did you notice when taking the product (can be positive or negative).

What benefits did you notice after taking the product?

Have you experienced any lifestyle changes or are there any events that could potentially modify the product's effects?

Overall were you satisfied with this product? _____

