

YOUR MONTHLY POTYQUE CBD JOURNAL



WEEK 1

Date / /

CBD STRENGTH

5%

10%

20%

Nº DROPS

AM



NOON



PM



Please rate out of 10:

1 = bad - 10 = good

SLEEP



ENERGY



ANXIETY





PAIN



MOOD



WEEK 2

Date / /

CBD STRENGTH

5%

10%

20%

Nº DROPS

AM



NOON



PM



Please rate out of 10:

1 = bad - 10 = good

SLEEP



ENERGY



ANXIETY





PAIN



MOOD



GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1. _____

2. _____

3. _____

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1. _____

2. _____

3. _____



POTYQUE IS THE CULMINATION OF SEEKING RELIEF & FINDING IT

WEEK 3

Date / /

CBD STRENGTH 5% 10% 20%

Nº DROPS AM NOON PM

Please rate out of 10: 1 = bad - 10 = good

SLEEP ENERGY
 ANXIETY ? _____
 PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1. _____

2. _____

3. _____

WEEK 4

Date / /

CBD STRENGTH 5% 10% 20%

Nº DROPS AM NOON PM

Please rate out of 10: 1 = bad - 10 = good

SLEEP ENERGY
 ANXIETY ? _____
 PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1. _____

2. _____

3. _____
