## YOUR MONTHLY POTYQUE CBD JOURNAL



WEEK 1	Date / /
CBD STRENGTH 5% 10% 20%	GOAL FOR THE WEEK
N° DROPS AM NOON PM	
Please rate out of 10: $1 = bad - 10 = good$	REASONS TO FEEL POSITIVE THIS WEEK  1
SLEEP ENERGY	
ANXIETY ?	2
7 PAIN	
MOOD C	3.
WEEK 2	Date / /
CBD STRENGTH 5% 10% 20%	GOAL FOR THE WEEK
N° DROPS AM NOON PM	
I DIOLO ALL MOUNTER	
Please rate out of 10: $1 = bad - 10 = good$	REASONS TO FEEL POSITIVE THIS WEEK
Please rate out of 10: $1 = bad - 10 = good$	
Please rate out of 10: $1 = bad - 10 = good$ $\blacksquare SLEEP \blacksquare ENERGY$	1
Please rate out of 10: $1 = bad - 10 = good$ SLEEP  ENERGY  ANXIETY  ANXIETY	1

## POTYQUE IS THE CULMINATION OF SEEKING RELIEF & FINDING IT



WEEK 3	Date / /
CBD STRENGTH 5% 10% 20%	GOAL FOR THE WEEK
N° DROPS AM NOON PM	
Please rate out of 10: $1 = bad - 10 = good$	REASONS TO FEEL POSITIVE THIS WEEK  1
SLEEP ENERGY	
@ ANXIETY ?	2
7 PAIN	
M00D & 00 00 00	3.
WEEK 4	Date / /
WEEK 4  CBD STRENGTH 5% 10% 20%	Date / / GOAL FOR THE WEEK
CBD STRENGTH 5% 10% 20%	
CBD STRENGTH 5% 10% 20%  N° DROPS AM NOON PM	GOAL FOR THE WEEK  REASONS TO FEEL POSITIVE THIS WEEK
CBD STRENGTH 5% 10% 20%  N° DROPS AM NOON PM  Please rate out of 10:	GOAL FOR THE WEEK  REASONS TO FEEL POSITIVE THIS WEEK
CBD STRENGTH 5% 10% 20%  N° DROPS AM NOON PM  Please rate out of 10: $1 = bad - 10 = good$ SLEEP ENERGY	REASONS TO FEEL POSITIVE THIS WEEK  1.
CBD STRENGTH 5% 10% 20%  N° DROPS AM NOON PM  Please rate out of 10: $1 = bad - 10 = good$ SLEEP ENERGY  ANXIETY ?	REASONS TO FEEL POSITIVE THIS WEEK  1.