

Products I want to purchase:



Are you ready for more?

We hope these last two weeks provided you with a little more confidence in and understanding of how to introduce CBD into your daily self-care routines. If you're ready to make this a daily habit, we want to know and help. Send us your completed CBDiary and we will send you a discount to use on your next purchase. There are two ways to send it:

1. Snap a picture and tag or DM us on Facebook or Instagram at @TreadwellFarms.
2. Mail it to 190 Mary Street Umatilla, FL 32784



TREADWELL FARMS

FLORIDA HEMP & PRODUCTS

CBDiary

Your Starter Pack
14-Day CBD Diary

Whether just beginning your CBD Journey, or starting again, this 14 day CBD Diary will help you determine what Treadwell Farms product works best for you!

How to Use the CBDiary

- Select Your Product. Starting with the Essential Blend allows you to try out our product with the fewest ingredients, letting you focus on the “essentials” before adding anything else to the mix.
- Start low, and go slow! Start with a small dose and gradually increase based on what feels right for you.
- Use your CBDiary to make sure you are consistently taking the same dose at the same time of day as well as tracking how you feel.
- Use the back of this form to record your favorite products, and for information about other Treadwell Farms products available.



TREADWELL FARMS

Product I am taking this week:



What I hope to achieve by using CBD this week: _____

Day 1	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 2	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 3	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 4	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 5	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 6	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 7	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	

Did I achieve my goal for the week? _____

Notes: _____

Product I am taking this week:



What I hope to achieve by using CBD this week: _____

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	Dosage		Dosage	
Day 2	MORNING	How did You Feel?	EVENING	How did You Feel?
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Day 5	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 6	MORNING	How did You Feel?	EVENING	How did You Feel?
	Dosage		Dosage	
Day 7	MORNING	How did You Feel?	EVENING	How did You Feel?
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Notes: _____

