



## DAILY CANNABINOID TRACKER

### ABOUT MY SERVING

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ am pm

PRODUCT NAME:

### MODE OF USE:

- Tincture
- Topical
- Vaporizer
- Other: \_\_\_\_\_

### SERVINGS AMOUNT:

Note size or volume of servings you used (e.g. 1mL = 1 Dropper).

### CONCENTRATION:

Note amount of cannabinoids in your serving. This may take some math based on servings info listed on packaging (e.g. 1 dropper = 50mg CBD, 7.2mg CBG).

CBD \_\_\_\_\_ mg

CBG \_\_\_\_\_ mg

CBN \_\_\_\_\_ mg

Other \_\_\_\_\_ mg

Consult with your physician if you are on any prescription medications before using cannabinoid products. This template is intended for informational purposes only and is not medical advice.

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## SERVING EXPERIENCE

### Wellness Goals.

What issues and goals are you aiming to support and track progress on?

### Before.

How are you feeling prior to use? This can include your present state of body & mind or any other aspects you'd like to note.

### Check-In.

After 30-60 minutes, take a pause to observe how your system is reacting. Do you notice any effects? How long did it take to feel their onset? Continue to monitor over the next few hours.

### Afterthoughts.

Reflect on the overall experience after use. Did you experience any positive or negative effects? How long did they last? Any notes for increasing or decreasing the amount of future servings? Any adjustments in timing or frequency of use?

## HOW DO I FEEL AFTER TAKING MY SERVING?

Worse

No Change

Better



DAY #: \_\_\_\_\_

### Notes.



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