

A CBD Journal



Product Name _____	Date _____
Form _____	Time _____
CBD per bottle _____	Dosage _____
CBD per ml _____	

Before Dosing
Describe general symptoms/behaviors prior to use.

Effects
Write a symptom on each line. Indicate on charts how strong they seem before and after CBD dose.

SYMPTOM 1

Before Dose

MildIntense

After Dose

MildIntense

SYMPTOM 2

Before Dose

MildIntense

After Dose

MildIntense

After Dosing
In general, how do symptoms seem after dosing?

Ratings