



CANNABIS PATIENT JOURNAL

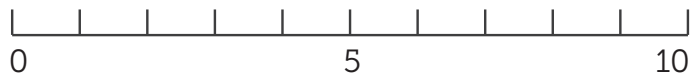
Use these journal entries to keep track of your cannabis experiences! Knowing what effects you liked and didn't like can help you pinpoint the best strains for your symptoms. Provide as much or as little detail as you'd like.

Date: _____

How Are You Feeling Today?

Symptoms: _____

Severity:



Other Meds: _____

Today's Treatment

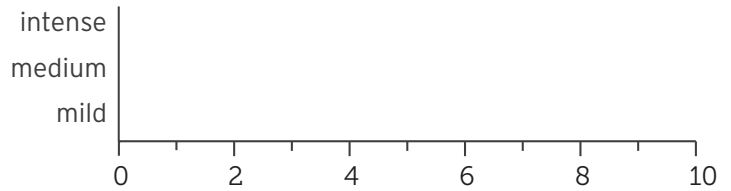
Product/Strain: _____

Method: Inhaled Ingested Sublingual Topical

Dose 1: _____ ml / mg / inhales **Time:** _____

Dose 2: _____ ml / mg / inhales **Time:** _____

Effects Timeline (by hour)



After Dosing: Effects Felt

- Creative Euphoric Happy Relaxed Dry Mouth Paranoia Racing Heart Anxiety
 Energetic Sleepy Focused Hungry Headache Lethargy Couch Lock Coughing

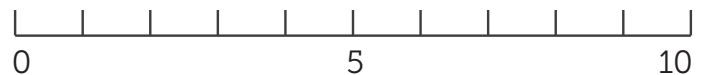
Notes on Effects: _____

After Dosing: Symptom Relief

What symptoms were relieved? What symptoms did you want more relief from?

Symptoms: _____

Severity After Dosing:



Notes on Treatment: Thoughts

Summarize your treatment experience including any important details not included in the other journal sections. Keeping detailed notes can help you recognize patterns later on!

