

Date:

STRAIN NAME: _____ BRAND: _____

TYPE:

- FLOWER VAPE CARTRIDGE TINCTURE CONCENTRATE PILL TOPICAL
- LLR CO2 Distillate

Prominent Cannabinoids (% or mg):

THC _____ CBD _____ OTHER _____

Prominent Terpenes (% or mg): _____

Approximate Dosage: _____

POSITIVE EFFECTS:

- Pain Relief
- Muscle Relax.
- Sedative
- Energetic
- Anti-Inflam.
- Seizure Reduct.
- Intestinal Ease
- Appetite Stim.
- Focused
- Anti-Depressant

Other: _____

NEGATIVE EFFECTS:

- Dry Eyes
- Anxiety
- Dry Mouth
- Couch Lock
- Dizziness
- Paranoia
- Nausea
- Headache
- Drowsy

Other: _____

Overall feeling of wellness after treatment:

-4 -3 -2 -1 0 1 2 3 4
 MUCH WORSE NO CHANGE MUCH BETTER

NOTES:

Date:

STRAIN NAME: _____ BRAND: _____

TYPE:

- FLOWER VAPE CARTRIDGE TINCTURE CONCENTRATE PILL TOPICAL
- LLR CO2 Distillate

Prominent Cannabinoids (% or mg):

THC _____ CBD _____ OTHER _____

Prominent Terpenes (% or mg): _____

Approximate Dosage: _____

POSITIVE EFFECTS:

- Pain Relief
- Muscle Relax.
- Sedative
- Energetic
- Anti-Inflam.
- Seizure Reduct.
- Intestinal Ease
- Appetite Stim.
- Focused
- Anti-Depressant

Other: _____

NEGATIVE EFFECTS:

- Dry Eyes
- Anxiety
- Dry Mouth
- Couch Lock
- Dizziness
- Paranoia
- Nausea
- Headache
- Drowsy

Other: _____

Overall feeling of wellness after treatment:

-4 -3 -2 -1 0 1 2 3 4
 MUCH WORSE NO CHANGE MUCH BETTER

NOTES:

