

MEDICAL JOURNAL



DATE

PURCHASED FROM

NAME OF STRAIN

MOOD BEFORE CONSUMPTION

PRODUCT LINE

- CBD Balanced
 THC Hybrid THC Indica
 THC Sativa

METHOD OF ADMINISTRATION

- Topical Transdermal
 Vape Pen Edible
 Sublingual Capsule

POTENCY

THC: _____ mg or %

CBD: _____ mg or %

DOSE

MY INTENT

MY EXPERIENCE

TIME CONSUMED

ONSET TIME

DURATION

STRENGTH

1 2 3 4 5 6 7 8 9 10

CONSUME AGAIN

- Yes No

UNWANTED EFFECTS

- Dry mouth Paranoid
 Increased Appetite Too psychedelic
 Red eyes Depressed
 Too heavy Foggy
 Forgetful Too stimulating
 Anxious

BEST FOR

SELF

- Focus Mood-boost
 Creativity Spiritual

HEALTH

- Pain Relaxation
 Sleep Appetite
 Headache Nausea
 Spasms Inflammation
 Cramps

SOCIAL

- Talking Brainstorming
 Connection Sex

ACTIVITIES

- Fitness Reading/Writing
 Meditation Yoga



liberty health sciences

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