



# **PATIENT TRACKING JOURNAL**

We encourage you to keep a journal and record your usage, at least until you find the right strains and dosages that work for you.

<b>DATE</b>	<b>STRAIN</b>	<b>METHOD OF CONSUMPTION</b>	<b>DOSAGE</b>	<b>EFFECT/DURATION</b>	<b>ADDITIONAL NOTES</b>
<b>Example:</b> 3/1/17	AC/DC	Tincture	10mg	Reduced anxiety for 4 hours	No psychoactive effect. Took 1 hour to feel effect.

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