

CANNABIS DOSING AND SYMPTOM LOG SHEET

For more printable log sheets go to:

www.NWACCannabisED.ca

DATE: _____ TIME: _____

SYMPTOMS I WANT TO TARGET:

PRODUCT BRAND AND STRAIN:

TYPE OF PRODUCT (CIRCLE ONE):

Oil Tincture Edible Vape (type: _____) Smoke

Topical Suppository Patch Concentrate (type: _____)

POTENCY: ____%THC ____%CBD

or ____mg THC ____mg CBD

DOSE:

AFTER DOSING I FEEL:

NOTES:

