

# MY DOSAGE DIARY

DATE/TIME	
SETTING	
PRODUCT NAME/STRAIN	
METHOD	
DOSE (% OR MG)	

## Occasion/Symptoms

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## Effects

<b>EUPHORIC</b>	NOT AT ALL	MILD	OVER THE MOON
<b>CREATIVE</b>	THE USUAL	INSPIRED	CALL ME PICASSO
<b>FOCUSED</b>	WHAT'S THAT NOW?	DIALED-IN	LIKE A LASER BEAM
<b>RELAXED</b>	NOPE	A LITTLE	OHMMMMM
<b>SOCIABLE</b>	INTROVERT	CHATTY	EVERYONE'S BESTIE
<b>BODY HIGH</b>	NOT FEELING IT	A LITTLE PICK-ME-UP	I'M FLOATING
<b>SLEEPY</b>	WIDE AWAKE	GETTING THERE	ZZZ
<b>DRY MOUTH</b>	NOT REALLY	PARCHED	SPITTING FEATHERS

## Overall Rating



WHAT I LIKED: \_\_\_\_\_

WHAT I DIDN'T LIKE: \_\_\_\_\_

OTHER NOTES: \_\_\_\_\_