

DOSAGE LOG

Overview

This log is designed to help you track your cannabis intake, monitor the effects, and identify the optimal dosage for your specific needs. Consistency in logging is essential for understanding your personal tolerance and therapeutic response.

Important Safety Reminder

Start Low and Go Slow Cannabis affects everyone differently. When trying a new product or dosage, always "start low and go slow." Begin with the smallest recommended dose and wait the appropriate amount of time (typically 1–2 hours for edibles, or 15–30 minutes for inhalation) to assess how it makes you feel before considering an additional dose.

Legality Statement

The legality of cannabis varies significantly by jurisdiction. Please ensure you are in compliance with all local, state, and federal laws regarding the possession and use of cannabis products. This document is for personal record-keeping purposes only and does not constitute medical or legal advice.

How to Make an Entry

For each session, please record the following information in your tracking spreadsheet to ensure you have a clear picture of your experience:

1. Date & Time: Record the exact time of consumption to track onset and duration.
2. Product Name/Strain: Note the brand, product name, and strain (e.g., Sativa, Indica, or Hybrid).
3. Method of Consumption: Specify if it was inhaled (vape/flower), ingested (edible/oil), or applied topically.
4. Dosage Amount: Record the specific quantity (e.g., 2.5mg, 1 puff, 0.5ml).
5. Desired Effect: Note why you are consuming (e.g., sleep, pain relief, anxiety reduction).
6. Observed Effects: After the appropriate time, document how you feel, noting both positive results and any unwanted side effects.
7. Rating (1–10): Assign a score based on how well the product met your goals.

Date & Time	Product Name/Strain	Method of Consumption	Dosage Amount	Desired Effects	Observed Effects	Rating (1-10)

Note: Keep this log in a secure, private location. If you experience any adverse reactions, discontinue use immediately and consult with a healthcare professional. Store all cannabis products securely, out of reach of children and pets.