

Cannabis Journal

	Date Used	Cannabis Product	Strain / Type	Method of Use	Dosage / Timing / Amount	Effect & Symptom Relief
Info	1/1/17	Flower / Oil / Candy	Kush OG, Super Silver Haze (Sativa/Indica etc)	Vaporize - temp? Cream / Edible	2 puffs / 2 mg / 2 minutes	Anxiety Relief, Pain reduction

Notes: Strain "X" helped with sleeping. Strain "Y" was better for my pain. Effect lasted 4-5 hr Well-hydrated, exercised, full/empty stomach

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Organized Medicinal Exploration

	Date Used	Strain Name	How Taken	Helping What?	CBD	CBC	CBG/a	CBDv	TAC	THC	THCA	THCV	CBN	
Info	1/1/17	Diesel Sour	Vaporize (? temp) Cream / Edible	Pain / Insomnia Anxiety / Joints	%	%	%	%	%	%	%	%	%	
Notes:	Hydration?	Full stomach? Exercise?	Other meds?											
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