Cannabis Dosage Log

General Titration Suggestions:
 -For a CBD-Dominant Strain, start at 5mg CBD per day, and increase dosage by 5mg every 2-4 days
 -For a THC-Dominant Strain, start at 2.5mg THC at bedtime, and increase dosage by 1.25mg every 2-3 days

IMPORTANT: please follow your recommended dosage plan

Symptom improvement: Consider and record any improvements to pain, mood, sleep, nausea etc.
 Example: include pain scores on scale of 1-10 before and after dosage.

Side-Effects and Notes: Note any side-effects experienced, such as depression, anxiety, impairment.

STRAIN:	[ ] CBD-DOMINANT [ ] THC-DOMINANT [ ] 1:1 [ ] OTHER	

DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER: _____	DOSE (G/ML):	OFFSET OF EFFECT _____ MIN/HR	DURATION OF EFFECT (HR)
	SYMPTOM IMPROVEMENTS			SIDE-EFFECTS & NOTES	

DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER: _____	DOSE (G/ML):	OFFSET OF EFFECT _____ MIN/HR	DURATION OF EFFECT (HR)
	SYMPTOM IMPROVEMENTS			SIDE-EFFECTS & NOTES	

DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER: _____	DOSE (G/ML):	OFFSET OF EFFECT _____ MIN/HR	DURATION OF EFFECT (HR)
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DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER: _____	DOSE (G/ML):	OFFSET OF EFFECT _____ MIN/HR	DURATION OF EFFECT (HR)
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