## **Cannabis Dosing 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-De	CBD-DOMINANT THC-DOMINANT 1:1 OTHER		
DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED SYMPTOM IMI	[ ] OIL [ ] VAPE [ ] OTHER: ————————————————————————————————————	DOSE (G/ML):	OFFSET OF EFFECTMIN/HR SIDE-EFFECTS & NOT	DURATION OF EFFECT (HR)
DATE:	[ ] AM [ ] OIL DOSE (G/ML): [ ] NOON [ ] VAPE [ ] PM [ ] OTHER: [ ] BED SYMPTOM IMPROVEMENTS			OFFSET OF EFFECT DURATION OF EFFECT (HR) MIN/HR  SIDE-EFFECTS & NOTES	
DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED SYMPTOM IM	[ ] OIL [ ] VAPE [ ] OTHER:  PROVEMENTS	DOSE (G/ML):	OFFSET OF EFFECTMIN/HR SIDE-EFFECTS & NO	DURATION OF EFFECT (HR)
DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER:	DOSE (G/ML):	OFFSET OF EFFECT	DURATION OF EFFECT (HR)
	SYMPTOM IMPROVEMENTS			SIDE-EFFECTS & NOTES	
DATE:	[ ] AM [ ] NOON [ ] PM [ ] BED	[ ] OIL [ ] VAPE [ ] OTHER:	DOSE (G/ML):	OFFSET OF EFFECTMIN/HR	DURATION OF EFFECT (HR)
	SYMPTOM IMPROVEMENTS			SIDE-EFFECTS & NOTES	



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