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-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)
	SYMPTOM IMPROVEMENTS			SIDE-EFFECTS & NOTES	

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