

MONDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

TUESDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

WEDNESDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

THURSDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

FRIDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

SATURDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

SUNDAY

DATE: _____

I TOOK/USED:

- ___ mg Oil
- ___ mg Gummies
- ___ mg Body Butter
- ___ mg Salve
- ___ mg Lip Balm

AT: _____ AM / PM

BEFORE USING CBD I FELT:

AFTER USING CBD I FELT:

OTHER NOTES ABOUT MY DAY:

MY DOSAGE WAS EFFECTIVE*

- Yes
- Somewhat
- No

IF YOU CHECKED "NO" OR "SOMEWHAT" TRY:

- Increasing the amount of product you are taking (for edibles)
- Applying more frequently (for topicals)
- A new product with a higher CBD concentration
- Switching from topicals to edibles, which tend to act faster

VISIT THE IDEAS & INSPO PAGE AT [SHOPVERIST.COM](https://shopverist.com) FOR MORE INFORMATION ON MAKING CBD WORK FOR YOU.

*Remember, it can take up to 2 hours to feel the effects of CBD, and they tend to become more noticeable over time. So if your CBD isn't working right away, stick with it, and that will likely change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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DATE: _____

DATE: _____

DATE: _____

DATE: _____

DATE: _____

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AT: _____ AM / PM

AT: _____ AM / PM

AT: _____ AM / PM

AT: _____ AM / PM

AT: _____ AM / PM

AT: _____ AM / PM

AT: _____ AM / PM

I FELL ASLEEP AT:

I FELL ASLEEP AT:

I FELL ASLEEP AT:

I FELL ASLEEP AT:

I FELL ASLEEP AT:

I FELL ASLEEP AT:

I FELL ASLEEP AT:

_____ AM / PM

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I WOKE UP AT:

I WOKE UP AT:

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I WOKE UP AT:

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NOTES ABOUT HOW I SLEPT:

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MY DOSAGE WAS EFFECTIVE*

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IF YOU CHECKED "NO" OR "SOMEWHAT" TRY:

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