| Date:  | Date:  |
|--|--|
| Licensed Producer: Product/Strain:   | Licensed Producer: Product/Strain:   |
| Route of Administration:   Inhalation   Oral Oil   Topical   Dose Consumed:  | Route of Administration:   Inhalation   Oral Oil   Topical   Dose Consumed:  |
| If you are consuming oral oil use the illustration below and fill in the dose you consumed.  | If you are consuming oral oil use the illustration below and fill in the dose you consumed.  |
| 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0 ml   | 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0 ml   |
| Positive Effects On Symptoms Negatives   | Positive Effects On Symptoms Negatives   |
| PainRelief Muscle   Tremor Reduction   Anxiety   Headache     Relaxation   Seizure Reduction   Dizziness   Impaired     Energizing   Intestinal Ease   Drowsiness   Memory Issues     Motivating   Appetite Stimulated   Sleepiness   Brain Fog     Inflammation Reduct.   Mental Focus   Mausea   Fatigue     Improved Sleep   Mood Lifted   Diarrhea   Dry Mouth     Other:   Other: | PainRelief Muscle Tremor Reduction Relaxation Seizure Reduction Energizing Intestinal Ease Drowsiness Memory Issues Motivating Appetite Stimulated Inflammation Reduct. Mental Focus Improved Sleep Mood Lifted Other:  Tremor Reduction Dizziness Impaired Drowsiness Memory Issues Sleepiness Brain Fog Nausea Fatigue Diarrhea Dry Mouth Other: |
| How effective was your medication?   | How effective was your medication?   |
| Mark an X or circle your overallfeeling aftertaking your medication. Youroptimal dose is the dose what gives you the most amount of symptom relief with the least amount of side effects.  | Mark an X or circle your overallfeeling aftertakingyour medication. Youroptimal dose is the dose that gives you the most amount of symptom relief with the least amount of side effects.   |
| -4 -3 -2 -1 0 1 2 3 4  | -4 -3 -2 -1 0 1 2 3 4  |
| Much Worse No Change Optimal   | Much Worse No Change Optimal   |
| Notes  | Notes  |
| Greenleaf 1-877-513-4769 Dosing Journal  | Greenleaf 1-877-513-4769 Dosing Journal  |
| Greenleaf 1-877-513-4769 Dosing Journal  | Greenleat 1-877-513-4769 Dosing Journal  |