LP:	Strain:	Indica / Sativa / Hybrid
Date:	THC %: CBD %: Prominent Terpenes:	
Time:	Dosage: Intake Method:	

Reason for consumption (symptoms):

Symptom #1:   Relief (out of 10):   Notes:

Symptom #2:   Relief (out of 10):   Notes:

Symptom #3:   Relief (out of 10):   Notes:

Symptom #4:   Relief (out of 10):   Notes:

Negative effects/side effects:

Notes/recommendations/thoughts:

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Notes/recommendations/thoughts:

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