| 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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Negative effects/side effects:


Notes/recommendations/thoughts:


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