

Cannabinoid Intake Journal



Who Should Use This Journal?

This journal provides a way for the cannabinoid patient to log and recall the therapeutic value or adverse reactions associated with various cannabinoid-terpene profiles and amounts taken.

Anyone who decides to consume products with high concentrations of CBD and other cannabinoids should track their daily intake to determine their optimal formulation and amount.

The optimal amount of plant-based cannabinoids will vary for everyone. Usually people report a preference for some formulations and product types.

The cannabinoid dosing process is sometimes referred to as “finding your sweet spot.”

The relative amount of cannabinoids and terpenes will be different for each product.

Dozens of cannabinoids occur naturally on the plant, and each has its own pharmacology. Cannabis genetics, farming conditions, and extraction methods will all affect the relative abundance of particular cannabinoids. Each formulation will produce different results for each person.

This program is a guide for finding preferred products and their optimal amounts.

Cannabinoid consumers should be prepared to dedicate at least four weeks to this discovery process.

Getting Started

1) Consult Your Local Cannabinoid Expert

Speak with your healthcare professional to determine which cannabis product is recommended for your situation. Products will differ in CBD and THC concentration as well as minor cannabinoids and terpenes. Optimal intake can range from a few milligrams to hundreds daily. Your pharmacy’s Cannabinoid Expert will suggest a reasonable starting point.

2) Start Low, Increase Methodically

Increase your daily intake by a measured amount every three (3) days. Your Cannabinoid Expert will recommend a starting amount and specific rate of increase.

3) Find Your Sweet Spot

Using too little of cannabinoid products will have no effect. Taking too much can also result in lesser effects than that of your optimal amount.

CBD and other cannabinoids operate on dozens of biological mechanisms in our bodies. At each blood concentration level, cannabinoids can activate different systems and produce various effects.

Everyone’s sweet spot will be unique.

If the cannabinoids’ effects begin to diminish as you continue to increase your daily intake, you have likely overshot your optimal amount. Refer to previous journal entries to determine how much of a particular product gave the best results. This amount is your optimal dose and should be taken regularly.

4) Commit to a 4-Week Trial

Be prepared to follow this methodical approach for at least a month.

If you want to increase at a faster or slower rate, please do so with the guidance of your trusted pharmacist and Cannabinoid Expert.

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Product (Brand and Name):	CBD Concentration (mg/serving):
Δ9-THC (mg/serving):	Δ8-THC (mg/serving):
Enriched Minor Cannabinoids (CBN, CBG, CBC, etc):	
#1 (mg/serving) _____ : _____ #2 (mg/serving) _____ : _____ #3 (mg/serving) _____ : _____	

Instructions:

In the NOTES section for each day, write down how you feel after consuming the product as directed. Document any other noteworthy changes in mood, sleep, pain, energy level, alertness, etc. At the end of each week, review the past seven days and look for trends or insights.

MONDAY MM/DD _____ Dose Amt: _____ Times per day: _____ NOTES:	TUESDAY Dose Amt: _____ Times per day: _____	WEDNESDAY Dose Amt: _____ Times per day: _____	THURSDAY Dose Amt: _____ Times per day: _____
FRIDAY Dose Amt: _____ Times per day: _____	SATURDAY Dose Amt: _____ Times per day: _____	SUNDAY Dose Amt: _____ Times per day: _____	OBSERVATIONS FROM PAST WEEK
MONDAY MM/DD _____ Dose Amt: _____ Times per day: _____ NOTES:	TUESDAY Dose Amt: _____ Times per day: _____	WEDNESDAY Dose Amt: _____ Times per day: _____	THURSDAY Dose Amt: _____ Times per day: _____
FRIDAY Dose Amt: _____ Times per day: _____	SATURDAY Dose Amt: _____ Times per day: _____	SUNDAY Dose Amt: _____ Times per day: _____	OBSERVATIONS FROM PAST WEEK
MONDAY MM/DD _____ Dose Amt: _____ Times per day: _____ NOTES:	TUESDAY Dose Amt: _____ Times per day: _____	WEDNESDAY Dose Amt: _____ Times per day: _____	THURSDAY Dose Amt: _____ Times per day: _____
FRIDAY Dose Amt: _____ Times per day: _____	SATURDAY Dose Amt: _____ Times per day: _____	SUNDAY Dose Amt: _____ Times per day: _____	OBSERVATIONS FROM PAST WEEK
MONDAY MM/DD _____ Dose Amt: _____ Times per day: _____ NOTES:	TUESDAY Dose Amt: _____ Times per day: _____	WEDNESDAY Dose Amt: _____ Times per day: _____	THURSDAY Dose Amt: _____ Times per day: _____
FRIDAY Dose Amt: _____ Times per day: _____	SATURDAY Dose Amt: _____ Times per day: _____	SUNDAY Dose Amt: _____ Times per day: _____	OBSERVATIONS FROM PAST WEEK