

Start check-in circle all that apply

symptom level:



0 1 2 3 4 5 6 7 8 9 10

feels:

mind

focused	reflective	creative	peaceful
great	talkative	tuned	forgetful
dreamy	anxious		

body

relaxed	light	energetic	hungry
comfy	thirsty	couchlocked	dizzy
frisky	restless	sleepy	

notes:

30m check-in

symptom level:



0 1 2 3 4 5 6 7 8 9 10

feels:

mind

focused	reflective	creative	peaceful
great	talkative	tuned	forgetful
dreamy	anxious		

body

relaxed	light	energetic	hungry
comfy	thirsty	couchlocked	dizzy
frisky	restless	sleepy	

notes:

1h check-in

symptom level:



0 1 2 3 4 5 6 7 8 9 10

feels:

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notes:

1h 30m check-in

symptom level:



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notes:

You may find it helpful to take 1 puff then wait 15 minutes for full effects. A "less is more" approach is recommended. Please go to releafapp.com/session for instructions, more details, and to download a copy of this worksheet.