



KEEPING A CANNABIS JOURNAL

Keeping a cannabis journal is a great tool to maximize the power of your medicine. Individual strains and products impact every patient differently. Using a journal to note your personal reactions can be especially useful for guiding future purchases and reducing the sense of overwhelm from the wide selection of products available. Journaling will also make it easier for you to see patterns so you can better tailor the medicine to your needs.

Choose your Method

Do you prefer to write things out or use an app on your Smartphone? Choose the option that will fit best into your day to day routine - it's important to keep up with it. The ReLeaf app or Strainprint are great options for people who prefer to go digital.

What to Track?

As you begin tracking your cannabis use you will begin to identify the information that's most important to record for your needs. The below lists are the minimum to be recorded. You may also find it helpful to record other medications, food intake, exercise, and sleep quality/duration.

Prior to Dosing

The Basics: Date and time of dosing

Cannabis ID: Product name/strain, delivery method, ratio of CBD:THC, and amount consumed

State of Mind: How were you feeling before you medicated? Were you particularly anxious, on edge, or feeling relaxed and calm? Your state of mind can contribute to the experienced effects.

Symptoms: Tune into your body and record your symptoms with a rating on a scale of 1-10, 10 being the worst that symptom has ever been. For chronic pain it may also be helpful to note the nature of the pain - is it throbbing, aching, burning, etc?

After Dosing

Onset time: Record the time at which you first feel relief, the peak of relief, when the feeling starts to taper, and when it's gone

Symptoms: For each time recording do a personal inventory and rate your symptoms again using the same 1-10 scale.

State of Mind: Are you more relaxed? Anxious? Is it hard for you to focus or do you feel more dialed in? Do you feel slowed down at all?