



YOUR CANNABIS JOURNAL

Day: _____ Date: _____

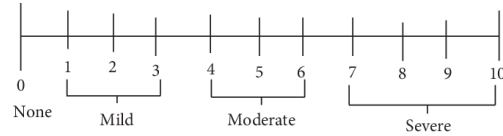
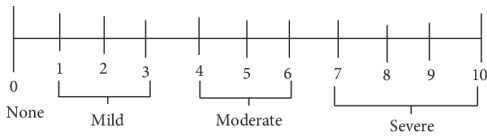
SYMPTOMS (CIRCLE ALL THAT APPLY)

Muscle spasms Pain Inflammation Anxiety Depression Insomnia Seizures Migraines
Nausea Appetite

RATE THE LEVEL OF YOUR SYMPTOMS

Before Treatment:

After Treatment:



CONSUMPTION METHOD USED FOR SESSION (CIRCLE)

Edible Flower Vape Topical Extract Dry Vape Pipe Rolled Bong Concentrate

NAME OF PRODUCT: _____

TERPENES: _____

AROMA / FLAVOR: (CIRCLE ALL THAT APPLY)

Sweet Sour Earthy Fruity Cheese Diesel/Gas Musky Peppery Lavender Lemony Grape/Berry
Pine Floral Spicy Apples Woody

THC% _____ THCA% _____ CBD% _____ CBDA% _____ THCV: _____ CBC% _____ CBN% _____

RATIO OF CBD / THC: _____ MG OF THC: _____ MG OF CBD: _____

DOSE: MG _____ INHALATIONS _____ DABS _____ VAPE TEMP _____

EFFECTS: Sedated Relaxed Energetic Creative Focused Drowsy Anxious Paranoid
Dizzy Hungry

TIME SESSION STARTED: _____ DURATION: _____ INTENTION: _____

FOOD / DRINK CONSUMED: _____

PRE-SESSION _____ WHERE WAS THE SESSION: _____

POST-SESSION _____ WHO WAS WITH YOU: _____

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Disclaimer

The information provided in this journal page is strictly for educational purposes. BesaMe does not offer medical advice, any information accessed is not intended to be a substitute for medical advice, diagnosis, or treatment and not intended to cover all possible uses, directions, precautions, or adverse effects. The information on this journal page does not establish a physician-patient relationship between you and any of the staff at BesaMe Wellness. Please consult your healthcare professional about potential interactions or other possible complications before using any product that is mentioned in this journal page

Let's go over the importance of keeping a cannabis journal. This is something anyone can do whether they are an experienced user or someone that is brand new to cannabis. Using cannabis is all about you, and your experience, not how it made someone else feel. Everyone's journey will be unique to them and their body. Keeping track of your cannabis experience will help you remember the good experiences and not waste time and money on products that you have used before that didn't create a positive experience for you

At BesaMe Wellness, we want to help you have great experiences with the products you purchase, and journaling will be a great way to do that. This journal page is filled out as an example and is broken down by section for you to understand the concept better. There is a blank copy on the back to get you started and you can visit our website: www.besamewellness.com/education to download a copy to print at home. Also, be sure to talk to your Budtender if you have any questions on the product information needed to complete your journal. Remember, if you are new to cannabis, it can seem overwhelming and journaling can really help you out by keeping track of edibles, flower, vapes, THC amount, CBD amount, the terpenes, the consumption method you used as well as other things you might not remember about your experience if you didn't write them down.

Let's Break Down this Journal Page:

SYMPTOMS: circle all that apply if you are using cannabis for relief

RATE THE LEVEL OF YOUR SYMPTOMS: this is very important! The goal of this is to look back at these number at one-month intervals to see how your symptoms are improving. You can track how they improved after the session and look back and realize your pain was usually an 8-9/10 before treatment and now it is a 6-7/10 before treatment. If you have more than one symptom, you can write them off to the side with their numbers.

CONSUMPTION METHOD USED: There are a lot of way to consume cannabis and you need to find the one that works best for you. Inhalation (Flower, Vapes, Dabs) are short acting products that take effect within minutes. Edibles and Tinctures are long-acting products in the sense that they take longer to get in our system but will last much longer than the inhalation method. Topicals are short acting products that can be used liberally and don't get into the bloodstream. A Transdermal patch (topical) will be introduced into the blood stream and is considered a long-acting product. Once again, be prepared to experiment with different methods of consumption to find out what will relieve your symptoms the best.

NAME OF PRODUCT: What's the name of the flower, edible, vape cartridge, even write the manufacturer if possible

TERPENES: This information is not always available for all the products in a dispensary, but for smokable products they should be easy to find, your Budtender can probably help you out. Terpenes are a huge part of the cannabis experience, it's not just about the THC and how high the level is in the product. The synergy of terpenes and cannabinoids like THC and CBD together is far more medicinally beneficial for us. By learning the terpenes and how they enhance your cannabis experience you can shop for other products that have those same terpenes as well. If the myrcene in Blue Dream flower created a great experience for you and you went back to the dispensary and they were out of blue dream, you could ask the budtender to recommend another strain that has myrcene in its terpene profile. Knowing terpenes and how they affect you can help you find products that are going to work the best for you.

AROMAS/FLAVORS: Once again, everyone's cannabis journey is unique to themselves. There's a saying about cannabis, "Your nose knows", Terpenes give cannabis plants their unique aromas and flavors and are considered the essential oils of cannabis. If you smell a flower product you don't like, it may not be the one your body needs. Some people like fruity smells and some people like that diesel smell; once again it's an individualized experience.

THC%, THCA%, CBD%, CBDA%, THCV%, CBG%, CBN%: These numbers appear on the packaging labeling of a lot of products but are not always available. Finding product high in THC or CBD are easy to find, but products with higher levels of CBG, THCV and CBN aren't as readily available. All three of these cannabinoids have medicinal benefits (THCV suppresses the appetite), so if you were trying to track products with higher levels of these cannabinoids, this section is perfect.

Ratio of CBD/THC: These products have various ratios of CBD and THC together that can create different effects. A 1:1 ratio of THC/CBD will provide a balanced effect, but will still cause the "HIGH" sensation, but a 10:1 or 20:1 CBD/THC ratio product will have a more calming effect with less psychotropic effects as well as be great for inflammation. You can find ratios in Flower, Vapes, Edibles, Topicals and Tincture products.

MG of THC: Can be from an edible, tincture, vape, extract or flower (1 gram of flower = 1000mg. and .5 gram of flower = 500mg)

MG OF CBD: This can be a full dropper or the dose best for you. If a 30Milliliter CBD bottle has 1200mg we use this formula to find out the MG – 1200 divided by the volume (30mL) = 40mg/1mL dropper.

DOSE: Write down the actual dose you take. It can be in MG of THC or CBD. The total number of inhalations or Dabs. If you used a vape or dry vape, was there a specific temperature setting (a lower temp setting won't burn up the terpenes).

EFFECTS: As mentioned earlier, cannabis can affect everyone differently. By doing this, you'll become aware of the products that make you feel creative or energetic, or a product that might be better to use at night because it was a sedating experience for you.

TIME SESSION STARTED and DURATION: Tracking time will show you the best times for you to dose yourself with cannabis. You'll see that a smaller dose maybe 2 – 3 times daily may be better than one big dose in the morning and waiting until the next day to dose again. You will know because you won't get long lasting relief for your symptoms later in the day and evening as your symptoms return.

INTENTION: Some people consume to just get high, but others are using cannabis intentionally to help improve certain medical symptoms and some people might be using to enhance their yoga session. Everyone's purpose is relative to their journey.

WHERE WAS YOUR SESSION/ WHO WAS WITH YOU: Being in a comfortable place with good friends is can make for a great experience as opposed to a place that made you uncomfortable or someone that turned the session into a negative experience for you.

FOOD/DRINK CONSUMED: Tracking this can show how food or drink before using cannabis will affect you. Cannabinoids love fat, so eating a fatty meal before using can be beneficial. Tracking POST-SESSION is great for people trying to improve their appetite with cannabis. You can keep track of all the munchies you eat.

