PATIENT JOURNAL

www.DocMJ.com
877.899.3626
DocMJ is proud to offer world-class personalized care to our patients. Our doctors and staff, are here to support you in finding the most effective treatment. One way is by offering this journal to help you track your medication use and its effectiveness. Having a log helps your doctor evaluate what products work for you. This helps keep our promise of a safe and personal experience and makes it possible for your doctor to individualize care based on your recorded benefits.

Patient Name

Patient ID Number

Physician Renewal Date

Card Renewal Date

*Schedule an appointment with DocMJ 30 days prior to your renewal date to avoid a lapse in your eligibility.*
The medical benefits of marijuana have been documented for thousands of years, but it is only in the past few decades that science and medicine have started to scratch the surface of how this medicine works and the incredible benefits these plants can provide. By using this journal to log your experiences, you and your physician will be able to personalize your treatment and achieve the most relief possible.
Marijuana contains hundreds of cannabinoids, of which there are two primary compounds that are active and have medicinal properties.

Tetrahydrocannabinol (THC) is the more well-known cannabinoid that gives a psychotropic “high” feeling, but it also has been shown to have numerous medicinal effects when taken with the other cannabinoids in the plant. These effects include pain relief, reduction in inflammation, drowsiness, sense of well being, and appetite stimulation. Many patients report significant improvement in regard to chronic pain relief, nausea, mental health including anxiety, increased appetite, anti-convulsant, anti-inflammatory, and other therapeutic effects.

When you think of THC, think immediate symptom relief.

Cannabidiol (CBD) is another cannabinoid, but provides therapeutic benefits without producing psychotropic effects. Our knowledge of CBD and its medicinal benefits have exponentially increased over the past few years, with more therapeutic uses becoming apparent, as research has broadened. CBD has been associated with reducing inflammation, seizure frequency, muscle spasms, anxiety and pain.
WHAT TO LOOK FOR WHEN NAVIGATING THE DIFFERENT PRODUCTS?

**INDICA STRAINS**
Indica strains have a relaxing, sedative effect, often used to:
- Reduce stress
- Relieve pain
- Limit anxiety

Indica strains are a bush plant that can grow between 3 and 6 feet tall and are suitable for growing indoors.

Indica strains are sedatives/relaxants and are effective for treating the symptoms of medical conditions such as anxiety, chronic pain, insomnia, muscle spasms and tremors.

**SATIVA STRAINS**
Sativa strains have an uplifting effect
- Improved mood
- Stimulant effect
- Alertness and optimism

Sativa strains grow tall and thin - the plant can grow up to 20 feet in and outside garden.

Sativa strains are more of a stimulant, and are effective in appetite stimulation, relieving depression, migraine pain, chronic pain and nausea.

**HYBRID STRAINS**
Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known to:
- Limit anxiety inducing effect of sativa strains
- Limit sedating effects of indica strains
- Chronic pain relief

Of the roughly 779 strains, over half of them are hybrids.

Hybrids that carry effects from both Strains. By combining the strains you can reduce some of the unwanted symptoms of either strain while maintaining the benefits of each parent strain.
PATIENT RECOMMENDATIONS

1. For patients with no cannabis experience, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.

2. If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.

3. If using a vaporizer, do not re-dose for at least 4 hours.

4. If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.

<table>
<thead>
<tr>
<th>Method</th>
<th>Vaporizing/ Metered Dose Inhaler</th>
<th>Oral</th>
<th>Sublingual</th>
<th>Topical/ Patch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset (min)</td>
<td>~5</td>
<td>~60-80</td>
<td>~15-40</td>
<td>~30-90</td>
</tr>
<tr>
<td>Duration (h)</td>
<td>~2-4</td>
<td>~4-6</td>
<td>~4-6</td>
<td>~8-72</td>
</tr>
<tr>
<td>Advantages</td>
<td>Rapid onset</td>
<td>May be more advantageous for chronic disease/symptoms due to longer duration.</td>
<td>Onset more rapid than oral route. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.</td>
<td>Less systemic effect, good for localized symptoms.</td>
</tr>
<tr>
<td>Disadvantages</td>
<td>Dexterity required, Inhalation technique results in varying amounts.</td>
<td>Titration challenges due to delayed onset. Absorbed more slowly &amp; less bio-availability.</td>
<td>Absorption may be more unpredictable compared to other methods.</td>
<td>Local effect Very slow absorption.</td>
</tr>
</tbody>
</table>

RECOMMENDED DOSING

Method: 

<table>
<thead>
<tr>
<th>Method</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>VAPE</td>
<td>3-5 Inhales</td>
<td>3-5 Times/Day</td>
</tr>
<tr>
<td>VAPE</td>
<td>2 Inhales</td>
<td>3-5 Times/Day</td>
</tr>
<tr>
<td>ORAL</td>
<td>Start at 10mg</td>
<td>Min. 2 Times/Day</td>
</tr>
<tr>
<td>ORAL</td>
<td>Start at &lt;5mg</td>
<td>Min. 2 Times/Day</td>
</tr>
<tr>
<td>SUBLINGUAL</td>
<td>Start at 10mg</td>
<td>Min. 2 Times/Day</td>
</tr>
<tr>
<td>SUBLINGUAL</td>
<td>Start at &lt;5mg</td>
<td>Min. 2 Times/Day</td>
</tr>
<tr>
<td>INHALER 1:1</td>
<td>2 Inhales</td>
<td>3 Times/Day</td>
</tr>
<tr>
<td>TOPICAL</td>
<td>Apply to affected area</td>
<td>2 Times/Day</td>
</tr>
<tr>
<td>TRANSDERMAL PATCH</td>
<td>Apply patch as instructed</td>
<td>2 Times/Day</td>
</tr>
</tbody>
</table>
There are two product types to consider when selecting your medication; high CBD to THC products or low CBD to THC products.

1.) High weighted CBD to THC products (such as the following CBD:THC ratios; 12:1, 5:1, 1:1) have a lower risk of psychoactive effects and are used to relieve the following symptoms:

- Inflammation
- Anxiety
- Seizures
- Chronic Pain
- Muscle Spasms

2.) Low weighted CBD to THC products (such as the following CBD:THC ratios; 1:12, 1:5, 0:1) have psychoactive effects and are used to relieve the following symptoms:

- Inflammation
- Nausea
- Appetite Stimulation
- Chronic Pain
- Insomnia

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

©Docmj 2019. Do not reproduce without written permission by Docmj.
<table>
<thead>
<tr>
<th>Dispensary:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Strain/Product:</td>
<td>____________________</td>
</tr>
<tr>
<td>THC/CBD Ratio:</td>
<td>____________________</td>
</tr>
</tbody>
</table>

- ☐ Indica
- ☐ Sativa
- ☐ Hybrid
- ☐ Vape/Inhalation
- ☐ Oral
- ☐ Topical
- ☐ Other

| Approximate Dosage: | ____________________ |
| Onset of Effects (minutes): | ________________ |
| Duration of Effects: | ____________________ |

<table>
<thead>
<tr>
<th>Beneficial Effects:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief ☐ Reduced tremors ☐ Creative ☐ Intestinal Relief ☐ Sedative ☐ Anti-Depressant ☐ Reduced Anxiety ☐ Anti-Inflammatory ☐ Increased Appetite ☐ Other___________</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Negative Effects:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea ☐ Drowsy ☐ Anxiety ☐ Paranoia ☐ Headache ☐ Other___________</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Overall Outcome</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Notes:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Dispensary:</td>
<td>Dispensary:</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>______________________________________________</td>
<td>______________________________________________</td>
</tr>
<tr>
<td>Strain/Product:</td>
<td>Strain/Product:</td>
</tr>
<tr>
<td>______________________________________________</td>
<td>______________________________________________</td>
</tr>
<tr>
<td>THC/CBD Ratio:</td>
<td>THC/CBD Ratio:</td>
</tr>
<tr>
<td>______________________________________________</td>
<td>______________________________________________</td>
</tr>
<tr>
<td>☐ Indica ☐ Sativa ☐ Hybrid</td>
<td>☐ Indica ☐ Sativa ☐ Hybrid</td>
</tr>
<tr>
<td>☐ Vape/Inhalation ☐ Oral ☐ Topical</td>
<td>☐ Vape/Inhalation ☐ Oral ☐ Topical</td>
</tr>
<tr>
<td>☐ Other</td>
<td>☐ Other</td>
</tr>
<tr>
<td>Approximate Dosage: ____________________________</td>
<td>Approximate Dosage: ____________________________</td>
</tr>
<tr>
<td>Onset of Effects (minutes): _____________</td>
<td>Onset of Effects (minutes): _____________</td>
</tr>
<tr>
<td>Duration of Effects: __________________________</td>
<td>Duration of Effects: __________________________</td>
</tr>
<tr>
<td>Beneficial Effects:</td>
<td>Beneficial Effects:</td>
</tr>
<tr>
<td>☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief</td>
<td>☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief</td>
</tr>
<tr>
<td>☐ Reduced tremors ☐ Creative ☐ Intestinal Relief</td>
<td>☐ Reduced tremors ☐ Creative ☐ Intestinal Relief</td>
</tr>
<tr>
<td>☐ Sedative ☐ Anti-Depressant</td>
<td>☐ Sedative ☐ Anti-Depressant</td>
</tr>
<tr>
<td>☐ Reduced Anxiety ☐ Anti-Inflammatory</td>
<td>☐ Reduced Anxiety ☐ Anti-Inflammatory</td>
</tr>
<tr>
<td>☐ Increased Appetite ☐ Other__________</td>
<td>☐ Increased Appetite ☐ Other__________</td>
</tr>
<tr>
<td>Negative Effects:</td>
<td>Negative Effects:</td>
</tr>
<tr>
<td>☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea</td>
<td>☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea</td>
</tr>
<tr>
<td>☐ Drowsy ☐ Anxiety ☐ Paranoia</td>
<td>☐ Drowsy ☐ Anxiety ☐ Paranoia</td>
</tr>
<tr>
<td>☐ Headache ☐ Other____________________________</td>
<td>☐ Headache ☐ Other____________________________</td>
</tr>
</tbody>
</table>

**Overall Outcome**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

**Notes:**

---
<table>
<thead>
<tr>
<th>Dispensary:</th>
<th>Dispensary:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strain/Product:</td>
<td>Strain/Product:</td>
</tr>
<tr>
<td>THC/CBD Ratio:</td>
<td>THC/CBD Ratio:</td>
</tr>
</tbody>
</table>

| Indica | Sativa | Hybrid |
| Vape/Inhalation | Oral | Topical |
| Other |

| Approximate Dosage: | Approximate Dosage: |
| Onset of Effects (minutes): | Onset of Effects (minutes): |
| Duration of Effects: | Duration of Effects: |

| Beneficial Effects: | Beneficial Effects: |
| Pain Relief | Energy | Seizure Reduction |
| Focused | Muscle Relief |
| Reduced tremors | Creative | Intestinal Relief |
| Sedative | Anti-Depressant |
| Reduced Anxiety | Anti-Inflammatory |
| Increased Appetite | Other |

| Negative Effects: | Negative Effects: |
| Dry Mouth/Eyes | Dizziness | Nausea |
| Drowsy | Anxiety | Paranoia |
| Headache | Other |

<table>
<thead>
<tr>
<th>Overall Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Notes:</th>
<th>Notes:</th>
</tr>
</thead>
</table>

www.DocMJ.com 877.899.3626
Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other__________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:

Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other__________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:
Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:

Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:
Dispensary:

Strain/Product:

THC/CBD Ratio:

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: _______________
Onset of Effects (minutes): _____________
Duration of Effects: _______________

Beneficial Effects:

☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other___________

Negative Effects:

☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other___________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes:

Dispensary:

Strain/Product:

THC/CBD Ratio:

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: _______________
Onset of Effects (minutes): _____________
Duration of Effects: _______________

Beneficial Effects:

☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other___________

Negative Effects:

☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other___________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes:
<table>
<thead>
<tr>
<th>Dispensary:</th>
<th>Dispensary:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strain/Product:</td>
<td>Strain/Product:</td>
</tr>
<tr>
<td>THC/CBD Ratio:</td>
<td>THC/CBD Ratio:</td>
</tr>
</tbody>
</table>

| ☐ Indica | ☐ Sativa | ☐ Hybrid |
| ☐ Vape/Inhalation | ☐ Oral | ☐ Topical |
| ☐ Other |

**Approximate Dosage:** ______________
**Onset of Effects (minutes):** _____________
**Duration of Effects:** ________________

<table>
<thead>
<tr>
<th>Beneficial Effects:</th>
<th>Beneficial Effects:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Pain Relief</td>
<td>☐ Energy</td>
</tr>
<tr>
<td>☐ Focused</td>
<td>☐ Muscle Relief</td>
</tr>
<tr>
<td>☐ Reduced tremors</td>
<td>☐ Creative</td>
</tr>
<tr>
<td>☐ Sedative</td>
<td>☐ Anti-Depressant</td>
</tr>
<tr>
<td>☐ Reduced Anxiety</td>
<td>☐ Anti-Inflammatory</td>
</tr>
<tr>
<td>☐ Increased Appetite</td>
<td>☐ Other____________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Negative Effects:</th>
<th>Negative Effects:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Dry Mouth/Eyes</td>
<td>☐ Dizziness</td>
</tr>
<tr>
<td>☐ Drowsy</td>
<td>☐ Anxiety</td>
</tr>
<tr>
<td>☐ Headache</td>
<td>☐ Other________</td>
</tr>
</tbody>
</table>

**Overall Outcome**

1 2 3 4 5 6 7 8 9 10

**Notes:**

---

www.DocMJ.com  877.899.3626
Dispensary: ______________________________________

Strain/Product: ______________________________________

THC/CBD Ratio: ______________________________________

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________________
Onset of Effects (minutes): _____________
Duration of Effects: ________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure
☐ Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other___________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other___________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes: 

Dispensary: ______________________________________

Strain/Product: ______________________________________

THC/CBD Ratio: ______________________________________

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________________
Onset of Effects (minutes): _____________
Duration of Effects: ________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure
☐ Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other___________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other___________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes: 

www.DocMJ.com  877.899.3626
### Dispensary:

<table>
<thead>
<tr>
<th>Strain/Product:</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THC/CBD Ratio:</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________</td>
</tr>
</tbody>
</table>

- ☐ Indica
- ☐ Sativa
- ☐ Hybrid
- ☐ Vape/Inhalation
- ☐ Oral
- ☐ Topical
- ☐ Other

### Approximate Dosage: __________________

### Onset of Effects (minutes): _____________

### Duration of Effects: __________________

### Beneficial Effects:

- ☐ Pain Relief
- ☐ Energy
- ☐ Seizure Reduction
- ☐ Focused
- ☐ Muscle Relief
- ☐ Reduced tremors
- ☐ Creative
- ☐ Intestinal Relief
- ☐ Sedative
- ☐ Anti-Depressant
- ☐ Reduced Anxiety
- ☐ Anti-Inflammatory
- ☐ Increased Appetite
- ☐ Other____________

### Negative Effects:

- ☐ Dry Mouth/Eyes
- ☐ Dizziness
- ☐ Nausea
- ☐ Drowsy
- ☐ Anxiety
- ☐ Paranoia
- ☐ Headache
- ☐ Other____________

### Overall Outcome

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

### Notes:

1 2 3 4 5 6 7 8 9 10

---

### Dispensary:

<table>
<thead>
<tr>
<th>Strain/Product:</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THC/CBD Ratio:</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________</td>
</tr>
</tbody>
</table>

- ☐ Indica
- ☐ Sativa
- ☐ Hybrid
- ☐ Vape/Inhalation
- ☐ Oral
- ☐ Topical
- ☐ Other

### Approximate Dosage: __________________

### Onset of Effects (minutes): _____________

### Duration of Effects: __________________

### Beneficial Effects:

- ☐ Pain Relief
- ☐ Energy
- ☐ Seizure Reduction
- ☐ Focused
- ☐ Muscle Relief
- ☐ Reduced tremors
- ☐ Creative
- ☐ Intestinal Relief
- ☐ Sedative
- ☐ Anti-Depressant
- ☐ Reduced Anxiety
- ☐ Anti-Inflammatory
- ☐ Increased Appetite
- ☐ Other____________

### Negative Effects:

- ☐ Dry Mouth/Eyes
- ☐ Dizziness
- ☐ Nausea
- ☐ Drowsy
- ☐ Anxiety
- ☐ Paranoia
- ☐ Headache
- ☐ Other____________

### Overall Outcome

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

### Notes:

1 2 3 4 5 6 7 8 9 10

---
Dispensary: ____________________________________________

Strain/Product: ____________________________________________

THC/CBD Ratio: ____________________________________________

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________ Onset of Effects (minutes): _____________
Duration of Effects: __________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:

Dispensary: ____________________________________________

Strain/Product: ____________________________________________

THC/CBD Ratio: ____________________________________________

☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________ Onset of Effects (minutes): _____________
Duration of Effects: __________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome
1 2 3 4 5 6 7 8 9 10

Notes:
Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes:

Dispensary: ______________________________________
Strain/Product: ______________________________________
THC/CBD Ratio: ______________________________________
☐ Indica ☐ Sativa ☐ Hybrid
☐ Vape/Inhalation ☐ Oral ☐ Topical
☐ Other

Approximate Dosage: __________________
Onset of Effects (minutes): _____________
Duration of Effects: ____________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
☐ Sedative ☐ Anti-Depressant
☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other____________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other __________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes:
DOC-CBD’s Extract formula contains patented nextCBD technology allowing for great absorption to your bloodstream. Our Whole Plant Extract formula delivers 5mg of CBD per serving giving you the benefit of full plant medicine through the entourage effect.

DOC-CBD’s Concentrate formula contains patented nextCBD technology allowing for greater absorption to your bloodstream to help promote overall health by delivering 10mg of isolate CBD to your system giving you the benefit of a concentrated serving.

60 COUNT SOFT GEL CAPSULES

30 COUNT SOFT GEL CAPSULES

$79.99

888-316-6659  Free Shipping  www.DOC-CBD.com