

Strain/product: \_\_\_\_\_

- flower  concentrate  edible  topical  tincture  suppository

**Labs:**

THC \_\_\_\_\_ CBD \_\_\_\_\_

THCV \_\_\_\_\_ CBC \_\_\_\_\_

THCA \_\_\_\_\_ CBDA \_\_\_\_\_

CBL \_\_\_\_\_ CBN \_\_\_\_\_

**Terpenes:**

limonene  caryphylene

linalool  a-pinene

myrcene  humulene

other \_\_\_\_\_

**Prior to use: rate on a scale from 1-10, with 10 being the worst**

pain \_\_\_\_\_ drowsiness \_\_\_\_\_ seizures \_\_\_\_\_ anxiety \_\_\_\_\_ dry mouth \_\_\_\_\_ cough lock \_\_\_\_\_ dizziness \_\_\_\_\_

anxiety \_\_\_\_\_ paranoia \_\_\_\_\_ nausea \_\_\_\_\_ headache \_\_\_\_\_ breath \_\_\_\_\_ body \_\_\_\_\_ mood \_\_\_\_\_

**Check all that apply:**

- smoke  pipe
- joint  water pipe
- blunt  vape
- dab  ate
- shatter  applied
- wax  raw
- budder

**Dose/# puffs**

**Side effects (rate 1-10):**

dry eyes \_\_\_\_\_ anxiety \_\_\_\_\_  
dry mouth \_\_\_\_\_ dizziness \_\_\_\_\_  
cough lock \_\_\_\_\_ disorientation \_\_\_\_\_  
headache \_\_\_\_\_ drowsiness \_\_\_\_\_  
paranoia \_\_\_\_\_ nausea \_\_\_\_\_  
other \_\_\_\_\_ other \_\_\_\_\_

**After Use: rate on a scale from 1-10, with 10 being the worst**

pain \_\_\_\_\_ drowsiness \_\_\_\_\_ seizures \_\_\_\_\_ anxiety \_\_\_\_\_ dry mouth \_\_\_\_\_ cough lock \_\_\_\_\_ dizziness \_\_\_\_\_

anxiety \_\_\_\_\_ paranoia \_\_\_\_\_ nausea \_\_\_\_\_ headache \_\_\_\_\_ breath \_\_\_\_\_ body \_\_\_\_\_ mood \_\_\_\_\_

intense  
optimal  
weak

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
1 hr 2 hr 3 hr 4 hr 5 hr 6 hr

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pain	drowsiness	seizures	anxiety	dry mouth	cough lock	dizziness
_____	_____	_____	_____	_____	_____	_____
anxiety	paranoia	nausea	headache	breath	body	mood
_____	_____	_____	_____	_____	_____	_____

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headache \_\_\_\_\_ drowsiness \_\_\_\_\_

paranoia \_\_\_\_\_ nausea \_\_\_\_\_

other \_\_\_\_\_ other \_\_\_\_\_

**After Use: rate on a scale from 1-10, with 10 being the worst**

pain	drowsiness	seizures	anxiety	dry mouth	cough lock	dizziness
_____	_____	_____	_____	_____	_____	_____
anxiety	paranoia	nausea	headache	breath	body	mood
_____	_____	_____	_____	_____	_____	_____

intense  
optimal  
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Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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