

Product

Date

Strain / Name: _____

Brand: _____

Where purchased: _____

Type:

- FLOWER EDIBLE DRINK TOPICAL
- TRANSDERMAL TINCTURE STRIP/TABLET
- SUPPOSITORY CAPSULE VAPE CARTRIDGE
- HASH CRUMBLE WAX ROSIN LIVE RESIN

INDICA / SATIVA / HYBRID / N/A

Cannabinoids (% or mg):

THCA _____ THC _____ CBDA _____ CBD _____

THCV _____ CBG _____ CBN _____ CBC _____

Terpenes:

- Camphor _____ Limonene _____ α Pinene _____
- Caryophyllene _____ Linalool _____ Terpineol _____
- Geraniol _____ Ocimene _____ Terpinolene _____
- Humulene _____ Myrcene _____ Valencene _____

Smell/Taste: _____

Hoped-for effect: _____

Size of dosage: _____

Time consumed: _____

Time to onset: _____ Duration: _____

Strength of effect: _____

Effects:

- | | | |
|-----------|---------------|-----------|
| Creative | Nausea relief | Anxious |
| Energetic | Pain relief | Dizzy |
| Euphoric | Relaxed | Dry Eyes |
| Focused | Sleepy | Forgetful |
| Happy | Talkative | Nausea |
| Hungry | Tingly | Paranoid |

Notes: _____