



self-care elevated dose tracker

When first starting out with cannabis, tracking your doses is essential. You'll be able to see exactly how much cannabis your body needs and how often you need to take it to feel great.

Before Your Dose:

- Rate your symptoms on a scale from 0-5
- Note the time, dose and product

After Your Dose:

- Depending on how you consumed, keep track of how you're feeling when the dose 'kicks in'. Use the same 0-5 scale.
 - 10 minutes for smoking/vaping
 - 20 minutes for tinctures
 - 1-3 hours for edibles/oils

As Your Dose Wears Off:

- Again, depending on how you consumed, keep track of how long the dose lasts so you know when to take your next one. Rate your symptoms on the 0-5 scale.
 - 1-4 hours for smoking/vaping
 - 2-4 hours for tinctures
 - 6-10 hours for edibles/oils

Here's an example:

Date/Time Oct 15, 8am	Time 8:20	Time 11:00
Dose taken: 10mg Soleil Free CBD tincture, under the tongue PLUS 3 mg THC Relief Oil, under tongue		
Before the Dose	"During" the Dose	As the Dose wears off
Symptom: anxiety levels high, knee pain high	Symptom: anxiety slightly reduced, feeling calmer, able to focus, feeling some dizziness, pain reduced	Symptom: anxiety returning, spinning thoughts, pain returning to knee
0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Notes:	Notes: probably too much THC, try a smaller dose next time	Notes: tinctures wear off for me at about 3 hours

Date/Time	Time	Time
Dose taken:		
Before the Dose	"During" the Dose	As the Dose wears off
Symptom:	Symptom:	Symptom:
0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Notes:	Notes:	Notes:

Date/Time	Time	Time
Dose taken:		
Before the Dose	"During" the Dose	As the Dose wears off
Symptom:	Symptom:	Symptom:
0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Notes:	Notes:	Notes: