

CBD Oil Dosing Log

	Date	Time	Product	Dose	Pain/Condition Severity	Relief Level	Relief Time	Notes
1								
2								
3								
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31								

Time: When you took the dose

Product: What product you took

Dose: Amount you took in drops/mL/mg/puffs

Pain/Condition Severity: On a scale of 1-10, 10 being the worst

Relief Level: What your pain/severity has reduced to after your dose

Relief Time: The time you achieved the relief