

In Good Health Usage Tracker

	Date	Time	Date	Time
	1/1/2019	4:20pm		
Product Name	Chocolate Bar 50mg			
Variety	Hybrid			
Strain Name	Cookies and Cream			
Consumption Method	Eaten, digested			
Dose Taken	5mg			
Onset of Effects	45 minutes			
Duration of Effects	~ 5 hours			
Desired Effects	Relaxed, sedative			
Unwanted Side Effects	Increased hunger			
Notes	Next time have closer to bedtime			
	Date	Time	Date	Time
Product Name				
Variety				
Strain Name				
Consumption Method				
Dose Taken				
Onset of Effects				
Duration of Effects				
Desired Effects				
Unwanted Side Effects				
Notes				
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Product Name				
Variety				
Strain Name				
Consumption Method				
Dose Taken				
Onset of Effects				
Duration of Effects				
Desired Effects				
Unwanted Side Effects				
Notes				