

District Hemp Botanicals - CBD Dosing Log

| | Date | Time | Product | Dose | Pain/Condition Severity | Relief Level | Relief Time | Notes |
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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