



6314 Oaklandon Rd,
Indianapolis, IN 46236

CBD Dosage Tracking Log

Use this log to track your CBD intake in conjunction with the CBD Dosage Chart.

Recording your dosage, timing, and how you feel will help you find your “sweet spot” – your ideal dosage and routine over time.

Tips for Using This Log:

- Record every CBD dose you take, even small amounts.
- Note the exact time you take your dose to track how long it takes to feel effects.
- Mark if you took CBD with or without a meal – this can affect absorption.
- Describe how you feel before and after: relief, energy, calm, pain level, sleep quality, etc.
- Review your log weekly to adjust dosage, timing, or product type for best results.

Example Filled-Out Log

Date	CBD Product / Type	Dosage (mg)	Time of Day	With Meal? (Y/N)	Notes / How You Feel
03/01/2025	CBD Oil Tincture (Full-Spectrum)	15	8:00 AM	Y	Felt calmer within 30 mins, mild relief from back pain.
03/01/2025	CBD Gummies (25 mg each)	25	8:00 PM	N	Helped me fall asleep faster, woke up less during the night.
03/02/2025	CBD Capsule (Isolate)	20	1:00 PM	Y	Slight mood lift, less anxious during work meeting.
03/02/2025	CBD Oil Tincture (Broad-Spectrum)	10	7:30 AM	Y	Subtle relaxation, better focus at work.
03/03/2025	CBD Topical Balm	N/A	6:00 PM	N	Applied to knee, reduced soreness after workout.
03/03/2025	CBD Softgel (Full-Spectrum)	30	9:00 PM	Y	Fell asleep quickly, woke up refreshed.
03/04/2025	CBD Vape Pen	5	2:00 PM	N	Quick stress relief before presentation.
03/04/2025	CBD Gummies (25 mg each)	25	8:30 PM	N	Helped unwind, slight improvement in sleep quality.
03/05/2025	CBD Oil Tincture (Full-Spectrum)	20	8:00 AM	Y	Reduced morning stiffness, improved mood.
03/05/2025	CBD Chocolate Edible	15	4:00 PM	Y	Tasty treat, mild calming effect.

Blank CBD Dosage Tracking Log

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