

For more about how CBD works and a bunch more info, please visit the Wavellite Creative website blog and the Wavellite CBD page.

You can also download and print a version of this guide so you can take the baseline assessment periodically and be sure you are taking the right dosage for you! Our needs can change and shift, you may want to take this assessment once or twice a year.



Do you have a question? Please Contact us!

There is also more information on our website and Blog.

**Wavellite
Creative**

Web: <https://wavellitecreative.com>

Phone (call & text welcome): 262-214-0900



**Wavellite
CBD**

Guided Journal

How to journal and find your dose.
Everyone's dose is different.

Finding your dose can depend on many factors, the main factor is body chemistry.

There are factors that can guide dosage to start:

- Chronic pain
- Prescribed medications or over the counter pain killer use
- Multiple conditions
- Depression, anxiety, or other conditions like ADHD

First there is an especially important concept I want to stress. Consistency is key! Taking at least one CBD dose for maintenance per day can be important to keeping on top of most pain or conditions!

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Note: This is a “beta” test version of this booklet. Feedback and input on improving this document would be appreciated!

Submit feedback to our email: WavelliteCBD@gmail.com

There are other things to be aware of when introducing CBD into a daily routine. CBD products can have a wide variety of effects on a person.

The first and most common and desired benefit is feeling better.

- More specifically reduction in severity of symptoms, illness, stress, better focus, and clarity of thought. This can also include mood stabilizations and reduction in depression and anxiety.

- Cannabinoids in general are an enormously powerful anti-inflammatory and can help the body recover from injuries and illness.

- Increased energy and metabolism change (possible reduction in cravings and slight weight loss), feeling stronger with more endurance and stability or agility.

- Less procrastination from typically avoided tasks.

The less expected results that can seem like a setback at first.

- With long term or unresolved conditions, you may temporarily feel worse before you feel much better. This has to do with the brain and how it processes pain long term and that it is hard for the brain to adjust as a person starts to feel better. The brain must re-calibrate a bit. Occasionally, when a person feels more able and may do more than their body is currently conditioned to. This may result in a few bad days after feeling better and “overdoing it”. It is also acceptable if this does occur to temporarily increase CBD use and dosage until recovered.

Day 4:

Overall, how do you feel on average today?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

What was the weather like today? _____

Was today a “good” or “bad” day? _____

At this point, if you find that over all you have good results, but there is still one or two physical areas that need pain relief, this is a good time to try our Topical Relief Salve. The topical is also great for skin issues such as eczema or sun burn and bug bites.

If at the end of day 4 you still have not found your desired level of relief, please consider trying the next strength up in sample pack or trying a sample pack that includes Broad or Full spectrum oil. There is no way to know exactly what combination of cannabinoids your body chemistry needs without some trial and error.

There may be days where you find you need slightly more or less CBD due to the weather or your activities. There are also some people who find specifically for sleep, that they need a larger single dose near bedtime and much smaller doses during the day for managing other issues such as pain. During these first several days of CBD use, some may experience tiredness, especially if you find yourself consuming more than 5 doses a day. Often that tiredness lessens after the first week of use. CBD will not “knock you out”, but it may aid you in falling asleep when you go to bed. If you experience any residual tiredness that is unusual to you in the morning, that may mean you are taking more CBD than your body wants. And you may want to back off how much CBD you are taking by about half and give that a try for a few days.

Additional journal pages are available for download at:

<https://WavelliteCreative/bavellite-cbd>

Before you start

Please complete this baseline assessment. This is just for your reference; it will be useful to refer to this assessment to see your progress and help determine your dosage needs.

In the last month what is the most troubling or persistent issue?

Pain (where?) _____

Mood and/or Anxiety (any specific triggers?) _____

Other _____

Overall, how do you feel on average (considering any pain, mood issues, anxiety, and any other issues)?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

(I know this scale is flawed, but it can help quantify things just enough for reference)

How often are you using prescribed pain medications?

How often are you using over the counter medications?

(Example: melatonin for sleep every night, pain killers and anti-inflammatory twice a day.)

What was the weather like today? _____

Was today a “good” or “bad” day? _____

Day 1:

Date: _____

Starting with the lowest dose you have, using the provided dropper place 0.25 ml of oil into your mouth (under the tongue is recommended) try not to swallow the oil for 30 to 60 seconds for best results.

Time of first dose: _____

Dose listed on the package Per 0.25ml: _____mg

Four hours after your first dose, do you feel noticeable relief?

NO

Take an additional dose of the same mg strength oil, repeat every 4 hours if needed to find relief.

YES

Try to pay attention to when the relief starts to fade, take note of the time.

To maintain relief, try to take a dose of oil about an hour before the relief fades.

Or you can choose to stick with one dose usually an hour before bed for 3 days. To see if you just need it to build up in your system to get more noticeable benefits. (Continue to use daily guide for result tracking.)

What was the weather like today? _____

Was today a “good” or “bad” day? _____

Day 2:

Overall, how do you feel on average today?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

Stick with what works!

If you found relief and an approximate time schedule keep going with that.

Candies are a great discreet way of getting a dose, a great alternative to oil if you are out and about. Try a candy Dot instead of oil, some people find better absorption from letting the candy dissolve getting a low even absorption of CBD Sublingually.

Day 3:

Overall, how do you feel on average today?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

If at this point you feel that there is potential for more relief, try the stronger or larger dose of oil.

Time of dose: _____ Dose taken: _____mg

Again, stick with what works! For example: If you had determined that the relief lasted 9 hours try to take the next dose at 8 hrs.

What was the weather like today? _____

Was today a “good” or “bad” day? _____