Your Cannabis Consumption Tracker

Look, we get it. Sometimes you find that perfect strain, and other times...not so much. That's why we're here. Whether you're chasing that ideal chill, seeking creative inspiration, or just trying to remember which strain made you reorganize your kitchen pantry (again), this tracker is your new best bud.

Keeping tabs on your cannabis journey isn't just smart—it's highly beneficial. With this journal, you'll be able to track:

- What you consumed (because "that green one" won't cut it forever)
- How it hit (mellow vibes, creative kick, or couch-locked?)
- When you consumed (morning motivation vs. nighttime wind-down)
- How long the magic lasted (short and sweet or an all-day affair)
- Dosage & method (edible, vape, smoke, dab—choose your adventure)

So go ahead, spark up, chill out, and track it all like the savvy consumer you are. Your future self will thank you.

Pro Tips for Your Best Cannabis Experience

- · Hydrate! Cannabis and water go hand in hand.
- Start low, go slow. You can always have more, but you can't have less.
- Set the vibe. Music, lighting, snacks—it all matters.
- Know your why. Different strains, different gains.

Consumer Strain & Effect Tracker is available for download and print.

PLEASE CONSUME RESPONSIBLY. For use only by adults 21 years of age or older. Keep out of the reach of children. This product may cause impairment and may be habit forming. IN ACCORDANCE WITH M.G.L. 946, 84 (42/2xx): This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using his product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential narms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FOM CHILDREN. There may be heasociated with consumption of this product. KEEP THIS PRODUCT AWAY FOM CHILDREN. There may be heast the risks concilent with consumption of this product. KEEP THIS PRODUCT AWAY soordination, and judgment. The impairment effects of Edibles may be delayed by two hours or more. In case of accidental negestion. contrat poison control hottime 1800-222-1222 or 9-11. This product may be illegal outside of MA. Lic. MD/258

Doobie"

Doobie Diary: A Cannabis Consumption Tracker For Cloud Control.

TRACK STRAINS

TRACK EFFECTS

TRYDOOBIE.COM

Doobie



Strain Log Entry

Strain Log Entry

Date:	Date:
Product Name:	Product Name:
Strain Name:	Strain Name:
Type: () Indica () Sativa () Hybrid	Type: () Indica () Sativ
THC/CBD %:	THC/CBD %:
Consumption Method: () Smoke () Vape () Edible () Other:	Consumption Method
Dosage:	Dosage:
What were you aiming for?	What were you aiming
() Energy () Creativity () Sleep () Pain Relief () Social Vibes () Focus	() Energy() Creativity
() Other:	() Other:
How long did it take to kick in?	How long did it take to
() Immediate () 10-30 min () 30-60 min () Longer	() Immediate () 10-30
How long did the effects last?	How long did the effe
() Short-lived (under 1 hr) () 1-3 hours () 3-6 hours () All day long	() Short-lived (under 1
What time did you consume?	What time did you co
() Morning () Afternoon () Evening () Late Night	() Morning () Afternoo

How did you actually feel?

Overall experience rating:

- () 1 Never again
- () 2 Meh
- () 3 It was cool
- () 4 Pretty great
- () 5 Perfection

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