

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. c. 94G, § 4(a)(2)(xxvi): 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 this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edibles may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 9-1-1. This product may be illegal outside of MA. Lic. MD1258

Doobie™

Doobie Diary: A Cannabis Consumption Tracker For Cloud Control.



TRACK STRAINS

+

TRACK EFFECTS



Strain Log Entry

Date: _____

Product Name: _____

Strain Name: _____

Type: Indica Sativa Hybrid

THC/CBD %: _____

Consumption Method: Smoke Vape Edible Other: _____

Dosage: _____

What were you aiming for?

Energy Creativity Sleep Pain Relief Social Vibes Focus

Other: _____

How long did it take to kick in?

Immediate 10-30 min 30-60 min Longer

How long did the effects last?

Short-lived (under 1 hr) 1-3 hours 3-6 hours All day long

What time did you consume?

Morning Afternoon Evening Late Night

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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