



My CBD Wellness Journey

Date started:

Reassess date, 10 days later:

Number of drops or MGs:

GETTING STARTED, DAY 1:

How I'm feeling now:

1: Not well, 5: Pretty Good

1 2 3 4 5

My intention for taking CBD:

How many drops or MGs
I will take a day:

AM:

PM:

CHECKING IN, DAY 5:

How I'm feeling now:

1: Same, 5: Better!

1 2 3 4 5

Do I need to adjust, and take more or less CBD?

Are there other changes to my diet and routine that I am ready to make?

WHERE I'M AT NOW, DAY 10:

How I'm feeling now:

1: The same, 5: I LOVE CBD!

1 2 3 4 5

Changes in my body or mood:

How many drops or
MGs I ended up taking

AM:

PM:

Notes to self:



Don't be a stranger! We want to hear from you, so share your feedback with us! Email:

www.406cbd.com

MY CBD WELLNESS JOURNEY



GRAB LIFE BY THE PLANT!

406 CBD wants to support you every step of the way, on your wellness journey! Use this guide as a way to help you stay aware of how your body and mind are affected by your use of CBD.

By keeping track of how you feel each day and how much CBD you are using you will be able to ascertain the perfect serving size for you!

Date started:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Number of Drops AM:

Total Daily Milligrams:

How you feel 1-10:

Notes:

	Number of Drops AM:	Total Daily Milligrams:	How you feel 1-10:	Notes:
Day 1:				
Day 2:				
Day 3:				
Day 4:				
Day 5:				
Day 6:				
Day 7:				
Day 8:				
Day 9:				
Day 10:				