

Daily Tracking Journal for Hemp Extracts with a High Concentration of CBD



It is highly recommended for a person who has decided to take hemp extracts with a high concentration of CBD to track their daily intake in order to determine their optimal serving size*.

We have provided a guide on the reverse side to document the product, quantity, and subjective experience to assist in finding your optimal intake of cannabis extracts that are rich in cannabinoids. Be prepared to dedicate at least four weeks to this discovery process. Some manufacturers describe this effort as “finding your sweet spot.”

The optimal intake of hemp-derived cannabinoids will vary with every individual. Some people report a preference for some varieties of cannabis. This preference will be different for each person, but depends on a willingness to experiment with trusted sources of hemp extracts. The extraction method used can matter too, as each solvent will dissolve some cannabinoids more thoroughly than others.

*We use the term “optimal serving size” for a reason but we agree it is a mouthful. Most of the more convenient terms are in the domain of the pharmaceutical industry. FDA regulations apply since these products are sold as dietary supplements.

Before getting started, keep in mind:

- 1) Be prepared to invest at least one month with the trial-and-error approach to finding which cannabis variety and manufacturer works best for you.
- 2) Using too little of these products can have no effect. However, taking too much is both wasteful and could result in lesser effects than that of your optimal serving size. CBD and other cannabinoids operate on dozens of biological mechanisms in our bodies. At each blood concentration level, cannabinoids can activate different systems. Everyone's sweet spot will be unique.
- 3) To find information on the total hemp extract and CBD content of your product(s), refer to concentration guides on www.ecsdistribution.com/resources.

General Principles:

- 1) Speak with your pharmacist or trusted healthcare provider to determine which hemp product offers you the best CBD concentration, overall cannabinoid profile, and daily intake. The FDA requires a “serving size” to be defined, but does not allow for manufacturers to suggest dosages to treat any conditions or diseases. An experienced healthcare practitioner will help you with a reasonable starting point.
- 2) Increase your serving size periodically. Your healthcare professional may recommend a specific rate of increase. The industry average currently is to increase the serving size every three days or so.
- 3) Increase the serving size by a fixed amount each time. The industry average recommends adding about 50% of the starting serving size when you increase.
- 4) If desired effects have been achieved and then begin to diminish as you continue to increase your serving size, you have likely overshot your optimal serving size. Refer to previous journal entries to determine which amount taken produced your best subjective experience. That amount of hemp extract and CBD is your optimal serving size and should be ingested regularly.

Do not feel limited by the following Cannabinoid Intake Journal. It is intended as a guide for methodically finding your optimal intake. If you want to increase at a faster or slower rate, please do so with the guidance of your healthcare professional.

WEEK 1

Product (Manufacturer & Name) _____

Total hemp extract (mg/mL) _____ Total CBD content (mg/mL) _____

Starting Amount (drops or mL) _____

Increase by (% vs drops or mL) every 3 days _____

TIME	AMOUNT TAKEN (DROPS OR ML)	SUBJECTIVE EXPERIENCE	DAYS
			DAY 1 (AM)
			DAY 1 (MID)
			DAY 1 (PM)
			DAY 2 (AM)
			DAY 2 (MID)
			DAY 2 (PM)
			DAY 3 (AM)
			DAY 3 (MID)
			DAY 3 (PM)
			DAY 4 (AM)
			DAY 4 (MID)
			DAY 4 (PM)
			DAY 5 (AM)
			DAY 5 (MID)
			DAY 5 (PM)
			DAY 6 (AM)
			DAY 6 (MID)
			DAY 6 (PM)
			DAY 7 (AM)
			DAY 7 (MID)
			DAY 7 (PM)

WEEK 2

Product (Manufacturer & Name) _____

Total hemp extract (mg/mL) _____ Total CBD content (mg/mL) _____

Starting Amount (drops or mL) _____

Increase by (% vs drops or mL) every 3 days _____

TIME	AMOUNT TAKEN (DROPS OR ML)	SUBJECTIVE EXPERIENCE	DAYS
			DAY 1 (AM)
			DAY 1 (MID)
			DAY 1 (PM)
			DAY 2 (AM)
			DAY 2 (MID)
			DAY 2 (PM)
			DAY 3 (AM)
			DAY 3 (MID)
			DAY 3 (PM)
			DAY 4 (AM)
			DAY 4 (MID)
			DAY 4 (PM)
			DAY 5 (AM)
			DAY 5 (MID)
			DAY 5 (PM)
			DAY 6 (AM)
			DAY 6 (MID)
			DAY 6 (PM)
			DAY 7 (AM)
			DAY 7 (MID)
			DAY 7 (PM)

WEEK 3

Product (Manufacturer & Name) _____

Total hemp extract (mg/mL) _____ Total CBD content (mg/mL) _____

Starting Amount (drops or mL) _____

Increase by (% vs drops or mL) every 3 days _____

TIME	AMOUNT TAKEN (DROPS OR ML)	SUBJECTIVE EXPERIENCE	DAYS
			DAY 1 (AM)
			DAY 1 (MID)
			DAY 1 (PM)
			DAY 2 (AM)
			DAY 2 (MID)
			DAY 2 (PM)
			DAY 3 (AM)
			DAY 3 (MID)
			DAY 3 (PM)
			DAY 4 (AM)
			DAY 4 (MID)
			DAY 4 (PM)
			DAY 5 (AM)
			DAY 5 (MID)
			DAY 5 (PM)
			DAY 6 (AM)
			DAY 6 (MID)
			DAY 6 (PM)
			DAY 7 (AM)
			DAY 7 (MID)
			DAY 7 (PM)

WEEK 4

Product (Manufacturer & Name) _____

Total hemp extract (mg/mL) _____ Total CBD content (mg/mL) _____

Starting Amount (drops or mL) _____

Increase by (% vs drops or mL) every 3 days _____

TIME	AMOUNT TAKEN (DROPS OR ML)	SUBJECTIVE EXPERIENCE	DAYS
			DAY 1 (AM)
			DAY 1 (MID)
			DAY 1 (PM)
			DAY 2 (AM)
			DAY 2 (MID)
			DAY 2 (PM)
			DAY 3 (AM)
			DAY 3 (MID)
			DAY 3 (PM)
			DAY 4 (AM)
			DAY 4 (MID)
			DAY 4 (PM)
			DAY 5 (AM)
			DAY 5 (MID)
			DAY 5 (PM)
			DAY 6 (AM)
			DAY 6 (MID)
			DAY 6 (PM)
			DAY 7 (AM)
			DAY 7 (MID)
			DAY 7 (PM)