

# Medical cannabis patient tracking journal

You can use this mobile-friendly journal to keep track of the medical cannabis products that you try and their effects. Always talk to your medical provider and the medical cannabis pharmacist about the products you try and their side effects.

| Date    | Time             | Product and dose   | Symptoms before use             | Symptoms after use                    | Side effects      |
|---------|------------------|--|---------------------------------|---------------------------------------|-------------------|
| 4/15/23 | 8:00am<br>8:00pm | 1, 3-second inhale of a vape cartridge<br>10 mg cannabis gummy - took half | Pain, anxiety<br>Pain, insomnia | Less pain<br>Less pain, able to sleep | Dry mouth<br>None |
|         |                  |  |                                 |                                       |                   |
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