

# CBD Physical Comfort Journal

Track your journey to physical wellness with CBD

## User Information

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

---

## Weekly Tracking Sheet

Week of: \_\_\_\_\_

### Morning Assessment

Day	Overall Comfort Level (1-10)	Morning CBD Product	Application & Dosage Method (mg)	Time
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

### Activity and Movement Log

Day	Activities Performed	Duration	Intensity (1-10)	Comfort During Activity (1-10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## Evening Evaluation

Day	End-of-Day Comfort (1-10)	Evening CBD Product	Application Method	Dosage mg	Time
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

## Discomfort Tracking

### Primary Areas of Focus:

Area	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Average
Neck/Shoulders								
Lower Back								
Joints								
Muscles								
Other: _____								

Rate each area daily on a scale of 1-10 (1 = Excellent, 10 = Severe Discomfort)

## Weekly Review

### Total CBD Used This Week:

- Internal Products: \_\_\_\_\_mg
- Topical Products: \_\_\_\_\_mg/applications

### Most Effective Products:

1. \_\_\_\_\_ Method: \_\_\_\_\_ Dosage: \_\_\_\_\_
2. \_\_\_\_\_ Method: \_\_\_\_\_ Dosage: \_\_\_\_\_

### Most Effective Application Times:

- Before Activity:  Yes  No  Sometimes
- After Activity:  Yes  No  Sometimes
- Morning:  Yes  No  Sometimes

- Evening:  Yes  No  Sometimes

**Most Effective Complementary Methods:**

- Heat therapy
- Cold therapy
- Stretching
- Massage
- Rest
- Hydration
- Nutrition changes
- Other: \_\_\_\_\_

**Activities That Improved Comfort:**

\_\_\_\_\_

\_\_\_\_\_

**Activities That Worsened Comfort:**

\_\_\_\_\_

\_\_\_\_\_

**Adjustments for Next Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Monthly Progress Summary**

**Month:** \_\_\_\_\_

**Starting Average Comfort Level:** \_\_\_\_\_/10

**Current Average Comfort Level:** \_\_\_\_\_/10

**Most Improved Areas:**

1. \_\_\_\_\_ Improvement: \_\_\_\_\_
2. \_\_\_\_\_ Improvement: \_\_\_\_\_

**Areas Needing More Focus:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Most Successful Products and Methods:**

---

---

**Next Month's Goals:**

1. 

---
2. 

---
3. 

---

**Note:** This journal is designed to help you find your optimal CBD routine for physical comfort. Remember that consistency is key, and combining CBD with healthy lifestyle practices often provides the best results.

Visit [cbdeeme.com/physical-comfort](https://cbdeeme.com/physical-comfort) for more wellness resources and product recommendations.

