

Daily CBD Wellness Log

Your complete CBD tracking solution for holistic wellness

User Information

Name: _____

Start Date:

Daily Tracking Page

Make copies of this for each day of your wellness journey

Date: _____ Day of Week: _____

Morning Routine (6AM-12PM)

Morning Baseline (Upon Waking):

- Sleep Quality Last Night (1-10): _____
- Morning Energy Level (1-10): _____
- Stress/Anxiety Level (1-10): _____
- Physical Comfort Level (1-10): _____

Morning CBD Usage:

- Product Used: _____
- Type: Full-Spectrum Broad-Spectrum Isolate
- Form: Tincture Gummy Capsule Topical Other: _____
- Dosage: _____mg
- Time Taken: _____
- Taken With: Food Empty Stomach Beverage Other: _____

Morning Activities:

- Hydration (___oz water)
- Exercise/Movement (Type: _____ Duration: _____)
- Meditation/Mindfulness (Duration: _____)
- Nutritious Breakfast
- Other wellness practices: _____

Morning Effects Evaluation:

- Time to Notice Effects: _____ minutes
- Overall Effectiveness (1-10): _____
- Primary Benefits Noticed: Calm/Relaxation Focus/Mental Clarity Physical Comfort Energy/Motivation Mood Enhancement Other: _____
- Side Effects (if any): _____

Afternoon Check-in (12PM-5PM)**Midday Status:**

- Energy Level (1-10): _____
- Stress/Anxiety Level (1-10): _____
- Physical Comfort Level (1-10): _____
- Focus/Productivity (1-10): _____

Afternoon CBD Usage (if applicable):

- Product Used: _____
- Dosage: _____mg
- Time Taken: _____
- Reason for Additional Dose: _____

Afternoon Activities:

- Hydration Maintained
- Movement Break(s)
- Healthy Lunch
- Stress Management Technique: _____
- Other: _____

Evening Reflection (5PM-Bedtime)

Evening Status:

- Energy Level (1-10): _____
- Stress/Anxiety Level (1-10): _____
- Physical Comfort Level (1-10): _____
- Overall Mood (1-10): _____

Evening CBD Usage:

- Product Used: _____
- Dosage: _____mg
- Time Taken: _____
- Purpose: _____

Evening Activities:

- Physical Activity/Exercise
- Relaxation Practice
- Screen-Free Time
- Nutritious Dinner
- Wind-Down Routine
- Other: _____

Daily Summary

Total CBD Consumed Today: _____mg

Overall Wellness Assessment:

- Sleep: Better Same Worse
- Energy: Better Same Worse
- Stress: Better Same Worse
- Physical Comfort: Better Same Worse
- Mood: Better Same Worse
- Focus: Better Same Worse

Most Effective CBD Product Today: _____

Notes and Observations:

Adjustments for Tomorrow:

Weekly Review Page

Week of: _____

CBD Products Used This Week:

1. _____ Average Daily Dose: _____ mg
2. _____ Average Daily Dose: _____ mg
3. _____ Average Daily Dose: _____ mg

Weekly Averages:

- Sleep Quality: ____/10
- Energy Level: ____/10
- Stress Level: ____/10
- Physical Comfort: ____/10
- Overall Wellbeing: ____/10

Weekly Patterns Observed:

Most Effective CBD Strategy:

Least Effective CBD Strategy:

Goals for Next Week:

- 1.
- 2.
- 3.

Note: This log is designed to help you optimize your CBD wellness routine. Consider external factors like diet, exercise, sleep hygiene, and stress management practices that may influence your results.

Visit cbdeeme.com/wellness for more wellness resources and product recommendations.