

# CBD Oil Dosing Log

	Date	Time	Product	Dose	Pain/Condition Severity	Relief Level	Relief Time	Notes
1								
2								
3								
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31								

**Time:** When you took the dose

**Product:** What product you took

**Dose:** Amount you took in drops/mL/mg/puffs

**Pain/Condition Severity:** On a scale of 1-10, 10 being the worst

**Relief Level:** What your pain/severity has reduced to after your dose

**Relief Time:** The time you achieved the relief