

**How to Use the Medication Log**

Keeping a log of your cannabis medication can be a helpful tool for finding therapeutic dose; which is defined as the amount of medication needed to achieve relief or desired effect. The amount of active ingredients in each type of cannabis and product is not always consistent. Therefore tracking the amount of medication by weight in grams is most consistent. Total weight of flower is different from total weight of concentrate, each should be totaled separately. The amount of milligrams consumed in other forms, such as an edible with 150 mg of THC, should also be included if possible.

Time, date, name of strain, type of product, amount, and method are included in the medication log. Symptoms, ailments, medical conditions, or other goals for medicating can be logged in the Symptoms column. Before and after columns are for tracking the severity of symptoms pre and post medication. A general key is provided in the top right hand corner of the log. Frequency of symptoms, such as number seizures, can also be tracked in the before/after columns. Other numerical values, such as blood sugar levels, can also be tracked in this log as well. Side effects and other notes for medication can be logged in the last column of the log.

An example log is provided for general guidance.