YOUR MONTHLY POTYQUE CBD JOURNAL

WEEK 1

Date / /

CBD STRENGTH 5% 10% 20%

Nº DROPS AM NOON PM

Please rate out of 10: *1 = bad - 10 = good*

SLEEP ENERGY

ANXIETY ? _____

PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1.

2.

3.

WEEK 2

Date / /

CBD STRENGTH 5% 10% 20%

Nº DROPS AM NOON PM

Please rate out of 10: *1 = bad - 10 = good*

SLEEP ENERGY

ANXIETY ? _____

PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1.

2.

3.

POTYQUE IS THE
CULMINATION OF SEEKING
RELIEF & FINDING IT

WEEK 3

Date / /

CBD STRENGTH 5% 10% 20%

N⁰ DROPS AM NOON PM

Please rate out of 10: *1 = bad - 10 = good*

SLEEP ENERGY

ANXIETY ? _____

PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1.

2.

3.

WEEK 4

Date / /

CBD STRENGTH 5% 10% 20%

N⁰ DROPS AM NOON PM

Please rate out of 10: *1 = bad - 10 = good*

SLEEP ENERGY

ANXIETY ? _____

PAIN

MOOD

GOAL FOR THE WEEK

REASONS TO FEEL POSITIVE THIS WEEK

1.

2.

3.