

MONTH _____ YEAR _____

This tracker puts a whole month on one page. Write down the time and size of each serving you take. Keep it short. Check NONE on any day you do not use. No single day on this page tells you as much as the whole month does. Use tends to creep upward, and it creeps in steps too small to notice from memory. Zooming out where you can see the entire month will surface any patterns that may be forming.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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NOTES													

This sheet is not meant to be used forever. It's offered simply to make a pattern visible while you are still learning to see it. Once you can see it without the sheet, you'll no longer need it.



These statements have not been evaluated by the Food and Drug Administration. Botanical products are not intended to diagnose, treat, cure, or prevent any disease. Kratom's alkaloids interact with the same receptor systems that opioids act on. Kratom may be habit-forming, may be harmful to your health, and is not intended for long-term or daily use. This document is educational and is not medical or legal advice. Kratom is intended for adults 21 and over and is not legal in every jurisdiction. Keep out of reach of children and pets. Do not use before or while driving or operating heavy machinery. Do not use if you are pregnant, nursing, taking medications, or have a medical condition without consulting a healthcare professional.
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