

WEEK # _____ DATE RANGE: FROM _____ TO _____

This planner is for writing down a plan you have already made. Whole Earth Gifts does not tell anyone how much kratom to take, how often to take it, or how to stop. That is a conversation to have with a physician. What we can give you is somewhere to put the plan in writing. Use one sheet for each week. Fill in the planned side before the week starts. At the end of each day, fill in what actually happened. The two will not always match, and the sheet is worth more when it shows that honestly than when it looks tidy. A plan you can see is easier to follow than one you are carrying in your head. It is also something you can hand to a physician, which is the reason to write any of it down.

MONDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
TUESDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
WEDNESDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
THURSDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
FRIDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
SATURDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐
SUNDAY - PLANNED	NON-USE DAY ☐	ACTUAL	FOLLOWED THE PLAN YES ☐ NO ☐

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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