

WHOLE EARTH -GIFTS

Product Rotation Tracker

A mindful planning and reflection tool to support balance and tolerance awareness.

This tracker is designed to encourage variety, intention, and awareness rather than repetitive or escalating use. It is optional, personal, and intended for educational purposes only. It does not provide medical advice.

How to Use This Tracker

Product rotation is one strategy that may help support balanced use and reduce repeated exposure to the same product profiles. This tracker is intended to help you plan and reflect on rotation patterns over time.

There is no required schedule or correct way to rotate. Some individuals rotate daily, others weekly, and some only during certain periods. Use this tool in a way that aligns with your personal goals and comfort level.

Rotation Entry

Date: _____ Product Name: _____
 Vein Color (if applicable): _____ Batch / Origin (optional): _____

Use Context

Was this product used as part of a rotation plan? Yes No

Reason for choosing this product today (optional):

Variety Break from previous product Availability Preference
 Other: _____

Rotation Timing

How long had you been using the previous product before rotating?

Planned length of time for this product (optional): _____

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Awareness & Response

Brief notes on perceived response (optional):

Pattern Awareness

- I have been rotating products regularly
- I have been relying on one product more than intended
 - I plan to rotate again soon
 - I plan to take a break instead of rotating

Reflection

Did rotating feel supportive of balance? (optional)

Responsible Use Reminder

Rotation is intended to support awareness and balance, not to increase frequency or quantity. Combining rotation with mindful dosing, non-use days, and regular breaks may help discourage tolerance buildup.

This tracker is provided for educational and self-reflection purposes only and does not constitute medical advice. Individual responsibility and informed decision-making are essential.