

WHOLE EARTH GIFTS

Dosage & Effects Tracker

A mindful self-reflection tool to support responsible, intentional use.

This tracker is designed to encourage awareness, moderation, and balance. It is optional, personal, and intended for educational purposes only. It does not provide medical advice.

How to Use This Tracker

This tracker is intended to support mindful self-awareness, not to encourage frequent or increased use. You may use this tool as often or as infrequently as you find helpful.

There is no required way to complete this tracker. Some individuals use it daily for short periods, while others use it occasionally to reassess patterns or during times of change.

Daily Entry

Date: _____
Time: _____
Product / Strain: _____
Serving Size (measured): _____

Intention & Context

Primary reason for use (optional)
 Focus Relaxation Energy Stress
 Mood support
Other: _____

Perceived Effects

Describe any effects noticed (optional)

Mood & Experience

Mood before use: Low Neutral Positive
Mood after use: Low Neutral Positive

WHOLE EARTH -GIFTS

Physical Sensations (optional)

Relaxed
 Energized
 Calm
 Focused
 Tense
 Uncomfortable
 Other: _____

Timing Awareness (optional)

Approximate onset noticed: _____

Approximate duration noticed: _____

Contextual Factors

Hydration level: Low Moderate Adequate
 Sleep quality: Poor Fair Good Excellent
 Food intake: Empty stomach Light meal Full meal

Use Pattern Awareness

- I used intentionally rather than automatically
- I allowed sufficient time before considering additional use
- My use aligned with my personal goals today

Responsible Use Reminders

- Rotate products regularly
- Avoid stacking servings too closely
- Incorporate non-use days and breaks
- Stay hydrated
- Store products securely and responsibly

This tracker is provided for educational and self-reflection purposes only. It is not intended to diagnose, treat, cure, or prevent any condition. Consult a qualified healthcare professional if you have health concerns.