

WEEK OF: _____

DAY 1 Starting today - take daily notes and journal about your CBD experience	<input type="radio"/> _____ _____ _____
DAY 2	<input type="radio"/> _____ _____ _____
DAY 3	<input type="radio"/> _____ _____ _____
DAY 4	<input type="radio"/> _____ _____ _____
DAY 5 Book your dosage appointment	<input type="radio"/> _____ _____ _____
DAY 6	<input type="radio"/> _____ _____ _____
DAY 7	<input type="radio"/> _____ _____ _____
DAY 8 <i>Reflect on your first week - notice anything new?</i>	<input type="radio"/> _____ _____ _____

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DAY 9	<input type="radio"/> _____ _____ _____
DAY 10 Go to bed at a set time tonight (and try to make it a habit)!	<input type="radio"/> _____ _____ _____
DAY 11	<input type="radio"/> _____ _____ _____
DAY 12 <i>What does balance mean in your life?</i>	<input type="radio"/> _____ _____ _____
DAY 13	<input type="radio"/> _____ _____ _____
DAY 14	<input type="radio"/> _____ _____ _____
DAY 15 Call a friend or family member today just to talk and catch up	<input type="radio"/> _____ _____ _____

DOSAGE CALL NOTES:

WEEK OF: _____

DAY 16

DAY 17

Go outside today (or if the weather is awful, sit with a light lamp for 15 minutes)

DAY 18

What do you do to take care of yourself when you're having a bad day?

DAY 19

DAY 20

DAY 21

DAY 22

How is your routine going?

DAY 23

No screens at least 1 hour before bed tonight!

WEEK OF: _____

DAY 24

DAY 25

DAY 26

Move your body for at least 15 minutes today

DAY 27

DAY 28

DAY 29

What are you looking forward to next month?

DAY 30

Have you noticed a change in your first 30-days? This is a great time to check-in again with your dosage specialist (and yourself)!

DOSAGE CALL NOTES:

