

## **Cannabis Tracker**

Keeping track of your medical cannabis use can help you find the right balance for your health needs. By logging your cannabis use, you can better understand what works for you and share helpful insights with your medical provider. This tracker is designed to help you manage symptoms and improve your treatment plan.

Date	Time	Reason	Ways Cannabis Was Taken**	Amount Taken	Pain or Problem Level Before*	Pain or Problem Level After*	THC/CBD Ratio	Product Name	Place Bought	Product Photo Taken
1/1/25	4:30 PM	Chronic back pain	Edible - Gummy	10 mg	8	4	1/6	NM Gummies	NM Dispensary	Yes

<sup>\*1</sup> being the best / 10 being the worst\*\* Oral - beverages, edibles, tinctures, pills; Inhalation - smoking, vaporizing, dabbing; Topicals - lotions, salves, transdermal patch, suppositories.