

MY WEED + WORKOUT JOURNAL

Created by **STONED+TONED** and *Hempsley.*

Date / /

Product Name _____

Name of Workout _____

Where are you? _____

CANNABINOIDS *(if included on the product label)*

THC _____ % CBD _____ % Other _____ %

DOMINANT TERPENES *(if included on the product label)*

Time of Dose	Length til Onset	Length of Effects

PRE-WORKOUT & SESH

Today I've eaten + drank

POST-WORKOUT & SESH

Then I ate + drank

Today I've felt

Motivated	● — ● — ●	Motivated	● — ● — ●
Energized	● — ● — ●	Energized	● — ● — ●
Balanced	● — ● — ●	Balanced	● — ● — ●
Relaxed	● — ● — ●	Relaxed	● — ● — ●
Euphoric	● — ● — ●	Euphoric	● — ● — ●
Uplifted	● — ● — ●	Uplifted	● — ● — ●
Pain	● — ● — ●	Pain	● — ● — ●
Stressed	● — ● — ●	Stressed	● — ● — ●
Irritable	● — ● — ●	Irritable	● — ● — ●
Paranoid	● — ● — ●	Paranoid	● — ● — ●
Anxious	● — ● — ●	Anxious	● — ● — ●
Depressed	● — ● — ●	Depressed	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●

NOTES:

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Energized	● — ● — ●	Energized	● — ● — ●
Balanced	● — ● — ●	Balanced	● — ● — ●
Relaxed	● — ● — ●	Relaxed	● — ● — ●
Euphoric	● — ● — ●	Euphoric	● — ● — ●
Uplifted	● — ● — ●	Uplifted	● — ● — ●
Pain	● — ● — ●	Pain	● — ● — ●
Stressed	● — ● — ●	Stressed	● — ● — ●
Irritable	● — ● — ●	Irritable	● — ● — ●
Paranoid	● — ● — ●	Paranoid	● — ● — ●
Anxious	● — ● — ●	Anxious	● — ● — ●
Depressed	● — ● — ●	Depressed	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●
_____	● — ● — ●	_____	● — ● — ●

NOTES: