



# DOSING MATTERS

Track your progress to 'Be You Again!'

Life Spark CBD Product:

Date:

	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	
	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM
Dose																																
Symptoms																																
1																																
Rate Pain*																																
2																																
Rate Pain*																																
3																																
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	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM	AM	PM	AM	AM	PM	AM	PM
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\* Rate your pain from 1-10. ( 1 = not much pain, 10 = a lot of pain )