



HEMPWARD FARMS
—growing toward wellness—

Hempward Farms Time log

Mentally check in with your body and write what you feel at each time increment

Date:

Dose taken:

Dose time-

30 minutes after-

60 minutes after-

2 hours after-

4 hours after-

6 hours after-

8 hours after-

12 hours after-

Reflections:

Date:

Dose taken:

Dose time-

30 minutes after-

60 minutes after-

2 hours after-

4 hours after-

6 hours after-

8 hours after-

12 hours after-

Reflections: