

**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:**