



SESPE CREEK

Product

Date

/ /

Strain / Name: _____

Hoped-for effect: _____

Brand: _____

Size of dosage: _____

Where purchased: _____

Time consumed: _____

Type:

Time to onset: _____ Duration: _____

- FLOWER EDIBLE DRINK TOPICAL
- TRANSDERMAL TINCTURE STRIP/TABLET
- SUPPOSITORY CAPSULE VAPE CARTRIDGE
- HASH CRUMBLE WAX ROSIN LIVE RESIN

Strength of effect: _____

INDICA / SATIVA / HYBRID / N/A

Effects:

- | | | |
|-----------|---------------|-----------|
| Creative | Nausea relief | Anxious |
| Energetic | Pain relief | Dizzy |
| Euphoric | Relaxed | Dry Eyes |
| Focused | Sleepy | Forgetful |
| Happy | Talkative | Nausea |
| Hungry | Tingly | Paranoid |

Cannabinoids (0% or mg):

THCA _____ THC _____ CBDA _____ CBD _____

THCV _____ CBG _____ CBN _____ CBC _____

Notes: _____

Terpenes:

- | | | |
|---------------------|----------------|-----------------------|
| Camphor _____ | Limonene _____ | α Pinene _____ |
| Caryophyllene _____ | Linalool _____ | Terpineol _____ |
| Geraniol _____ | Ocimene _____ | Terpinolene _____ |
| Humulene _____ | Myrcene _____ | Valencene _____ |