

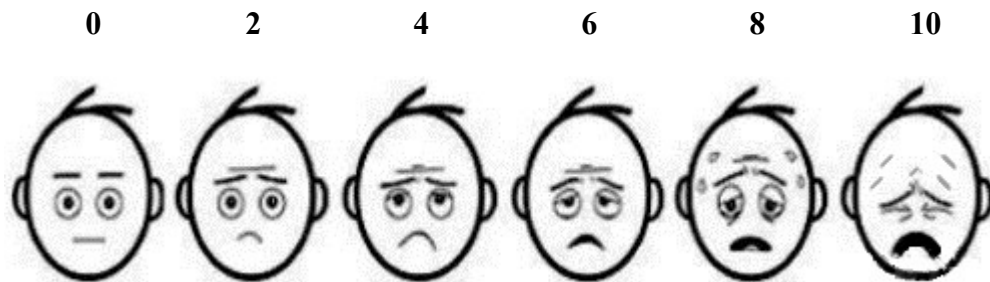


## Guidelines for self-assessment of Medical Cannabis effectiveness

This log book is designed to document your response to treatment with Medical Cannabis.

For each usage enter into log:

1. Date and time of use.
2. Marijuana strain, method of delivery, dosage.
3. Enter the symptom(s) as the reason for medicating, i.e.: pain, nausea, lack of appetite, muscle spasm, seizure, agitation, or other.
4. Rate symptom **before** medicating using the Rating Scale of 0-10, 0 being mild - 10 being the most severe.
5. Rate symptom **after** medicating using the Rating Scale of 0-10, 0 being mild - 10 being the most severe.



### Rating Scale for severity of symptoms

(pain, nausea, cachexia, lack of appetite, muscle spasm, agitation, seizures)

6. From the list below enter any general mental or physical effects experienced.
7. From the list below enter any negative effects you experience.

#### Mental

Alert	Flight of Ideas	Paranoid
Anxious	Focused	Psychedelic
Calmed	Fuzzy	Race of thoughts
Cerebral	Giggly	Social
Cheerful	Happy	Spacey
Clarity	Head high	Stoney
Confused	Introspective	Talkative
Creative	Introverted	Trippy
Distracted	Lazy	Uplifted
Euphoric	Lethargy	Wandering mind

#### Physical

Acid reflux	Fatigued	Narcotic like
Anorexia	Headache	Numbness
Arousal	Heightened senses	Munchie
Chest pain	Hungry	Pain relief
Couch lock	Insomnia	Racing heart
Dizziness	Lightheaded	Relaxed
Dry eyes	Nausea	Sleepy
Dry mouth	Nausea relief	
Energetic		