

# HEMP TRACKER & USAGE GUIDE

My hemp-based wellness goal is >

▼ DATE	▼ AMOUNT	▼ TIME AM	▼ TIME PM	ON A SCALE FROM 1 - 10 HOW CLOSE TO YOUR GOAL DO YOU FEEL YOU ARE? (1=NOT CLOSE, 10=REACHED GOAL)	▼ NOTES

## > TIPS

New to hemp and CBD? We recommend starting with our Balance & Restore Collection. Take one Jelly each morning and one dropper of Tincture every night before bed.

Keep track of how you feel using this tracker. If you don't experience benefits, you can increase the amount of Tincture and/or Jellies taken daily. If feeling sluggish or tired, we suggest decreasing the amount.

Consistency is key. When you find the right amount of hemp for your body, keep taking the same amount at the same time daily.

We suggest giving yourself two weeks to a month to get into your new hemp wellness routine and start to see the hemp work with all the various systems in your body.

We recommend taking Full-Spectrum Tincture at least once daily, unless a product with no THC\* is desired; then, we recommend broad-spectrum. Full-spectrum comes with the "entourage effect," or the synergistic benefits of having a small amount of THC in your hemp. Just a little bit of THC has been reported to magnify the effects of CBD and vice versa.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. THC Free means trace amounts less than 0.01% or 100ppm.