

CANNARAY

YOUR 7-DAY CANNARAY CBD DIARY

This guide will help you get started on your CBD journey, whether you're using our CBD Oils or Capsules

QUICK START GUIDE



Select your CBD strength. If you are new to CBD we recommend starting with our lowest strength 300mg.



Measure your dose. Capsules offer pre-measured dosage, or the graduated pipette on our CBD oil helps to easily measure out your CBD.



Choose your moment. The effects are cumulative, so keep consistency by taking it every day.



CANNARAY

Day 1

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 2

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 3

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 4

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 5

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 6

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

Day 7

CBD Format

- Oil
 Capsule

MG Taken

Morning
Evening

Note your Feeling 1-10

Morning
Evening

