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.

		CBD Format	MG Taken	Note your Feeling 1-10
QUICK START GUIDE		Obb Format	Morning	Morning Morning
	Day 1	Capsule	Evening	Evening
∧ Select your CBD			Lvoimig	
strength. We			NO T 1	
recommend		CBD Format	MG Taken	Note your Feeling 1-10
	Day 2	Oil	Morning	Morning
starting with at		Capsule	Evening	Evening
least 20mg CBD				
per day.		CDD Format	MG Taken	N
		CBD Format		Note your Feeling 1-10
	Day 3	Oil Capsule	Morning Evening	Morning Evening
2		Capsule	Lvering	Lvering
Measure your				
dose. Capsules		CBD Format	MG Taken	Note your Feeling 1-10
offer pre-	Day 4	Oil	Morning	Morning
measured dosage,		Capsule	Evening	Evening
or the graduated				
pipette on our		CBD Format	MG Taken	Note your Feeling 1-10
CBD oil helps to	Day 5	Oil	Morning	Morning
easily measure out	Day 3	Capsule	Evening	Evening
your CBD.				
your CDD.		ODD 5	MG Taken	
		CBD Format		Note your Feeling 1-10
	Day 6	Oil Capsule	Morning Evening	Morning Evening
Choose your		Capsule	Evening	Everining
moment. The				
effects are		CBD Format	MG Taken	Note your Feeling 1-10
cumulative, so	Day 7	Oil	Morning	Morning
keep consistency		Capsule	Evening	Evening
by taking it every				

day.