

# 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. We recommend starting with at least 20mg CBD per day.



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.



### CBD Format

- Oil  
 Capsule

### MG Taken

Morning   
Evening

### Note your Feeling 1-10

Morning   
Evening



### CBD Format

- Oil  
 Capsule

Morning   
Evening

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