

My Weekly CBD Diary

Your CBD journey is personal and there is no 'One Size Fit All' when it comes to choosing the strength!

Start Low - Go Slow - Find Your Balance


Suggested use: Shake well before each use, place drops under the tongue and hold for 60 seconds once or two times daily.

Maximum daily recommendation according to Cannabis Trade Association (CTA) is 70mg CBD.

CBD oil comes in various strengths and how long a bottle will last depend on your need. For a person who has found the balance for a daily use of 40mg CBD, the following can be used as a guideline for 10ml bottle with CBD strength 20%: 2000mg CBD/10mg CBD each drop = 4 drops = 50 days

Strength:

Type (Isolate / Broad Spectrum / Full Spectrum):

 LIGHTER LEAP cbd oil	No of Drops	Physical Feeling Rate 1-10	Mental Health Rate 1-10	Overall Feeling	Hours of Sleep	Notes
Monday Morning: Afternoon: Evening:						
Tuesday Morning: Afternoon: Evening:						
Wednesday Morning: Afternoon: Evening:						
Thursday Morning: Afternoon: Evening:						
Friday Morning: Afternoon: Evening:						
Saturday Morning: Afternoon: Evening:						
Sunday Morning: Afternoon: Evening:						