



*Organic - High Grade - Full Spectrum - CBD Oil & Hemp Products for Life*

Name.....

Date.....

**CBD USAGE & Self-Evaluation PROGRESS LOG**

- 1 - Write your issue/symptoms in the item column
- 2 - Write your current sensations eg. Discomfort, numb, feeling anxious and weak...
- 3 - Note the product you are using and current dosage or application [how are you using it?]
- 4 - enter current date and current sensations experience etc. in end column
- 5 - Use the reverse side for notes, comments, questions and observations.

<b>Date</b>	<b>ITEM/ISSUES / SYMPTOMS</b>	<b>CURRENT Sensations/experience &amp; regularity</b>	<b>No. of CBD Product &amp; Dosage</b>	<b>Current Date</b>	<b>Current Sensations / experience &amp; Regularity</b>
1/1/25	Eg. Physical 'knee' pain	Eg. Uncomfortable hot and sharp, several times per day	5 x 10% Oil drops x 2 pd	1/2/25 .....	Cooler, no more sharpness, can walk better for 400m

[www.BeCalmerCBD.com](http://www.BeCalmerCBD.com)



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My Notes, Observations, Questions and Comments:

You may print and use as many copies of this self-evaluation checklist as you wish. It is free forever.

Please contact us with your observations, questions and testimonials. This Progress Log is for your personal use only and is for information and education purposes only. You are entirely responsible for your use and any results from your use of this form. Your use of this form is based upon your entire agreement with this disclaimer and you agree that the creators and publishers of this form are in no way liable for any injury or unwanted experiences resulting from your use of this form or products associated with this form. Before embarking on ANY use of dietary supplement it is recommended you consult your Qualified Medical Professional.

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