



EARTHMED
WE PROVIDE COMPASSIONATE CARE

toke tracker

DATE & TIME _____

SESSION LOCATION _____

STRAIN NAME _____

BRAND _____



INDICA

SATIVA

HYBRID

DISPENSARY & COST _____

THC % _____

CBD % _____

EDIBLE DOSAGE _____

TYPE

FLOWER

EDIBLE

SHAKE

TINCTURE

DABS

VAPE

APPEARANCE

FLUFFY

DRY

STICKY

CONSUMPTION METHOD

ONE HITTER

BONG

COOKIE

JOINT

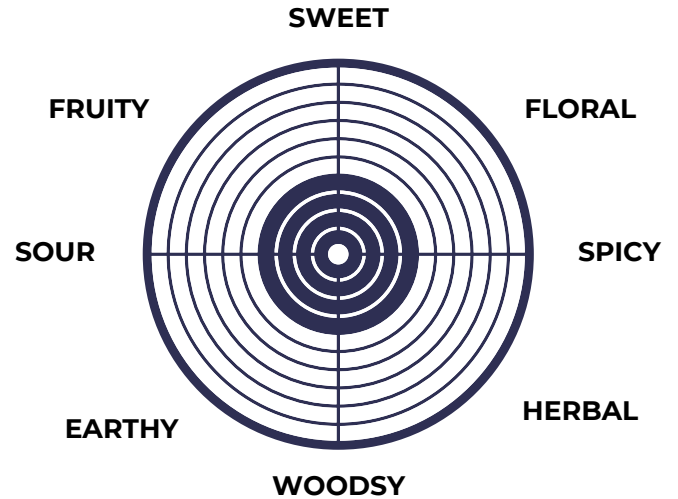
VOLCANO

GUMMY

BOWL

CARTRIDGE

CHOCOLATE



HOW DO YOU FEEL BEFORE YOUR SESH?



SESSION DETAILS

SOLO

WITH FRIENDS

WITH S/O

WITH FAMILY

NOTES:

HOW DO YOU FEEL AFTER YOUR SESH?



EFFECTS

PEACEFUL

HUNGRY

ANXIOUS

SLEEPY

UPLIFTED

FOCUSED

PAIN RELIEF

CREATIVE

HAPPY

ENERGETIC

RELAXED

DRY EYES

CAREFREE

PARANOID

THIRSTY

HOW HIGH ARE YOU?



NOTES:

MY OVERALL SESSION RATING

