

MEDOSI DOSING JOURNAL

| | DATE | TIME | PRODUCT | DOSE | PAIN/CONDITION SEVERITY | RELIEF LEVEL | RELIEF TIME | NOTES |
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TIME: What time you took the product
PRODUCT: Which product you took
DOSE: Amount you took in drop/mL/mg

PAIN/CONDITION SEVERITY: On a scale of 1-10, 10 being the worst
RELIEF LEVEL: What your pain/severity has reduced to after your dose
RELIEF TIME: The time you achieved the relief