

My Goodbody CBD Journal



Monday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Tuesday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Wednesday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Thursday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Friday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Saturday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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Sunday

Oil %: Gummies: Soft Gels: Balm: Quantity taken: Times of day taken:

What issues trouble you? (Consider sleep, anxiety, pain, other)	Record any changes you notice after taking? (Positive & Negative)
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 Calm	 Much worse	 No change	 Much better	 Restore	 Much worse	 No change	 Much better
 Sleep	 Much worse	 No change	 Much better	 Relief	 Much worse	 No change	 Much better

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Sunday

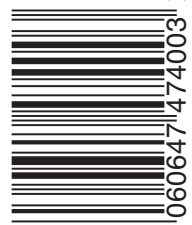
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Congratulations you have completed your personal 14-day challenge. We hope you have found the perfect balance of Goodbody products to help you enjoy calmer brighter days and restful nights.

Be mindful that as things change in your body and lifestyle you may need to adapt this plan. You can download this chart again to make sure these products still meet your needs. If you need a higher dose or a different CBD product, you can find the Goodbody range on our website.

Follow us on our social media channels to share your CBD journey with us and stay up to date with all new challenges, promotions and products.



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