

STASH CARD


MINDFUL CONSUMPTION



- Track Your Experience
- Trace Your Steps
- Find your Flow State



THE COMPASSIONATE BUTTENDER

DATE TIME	SYMPTOMS LEVEL	M.O.D. AMT.	PRODUCT SOURCE	ONSET PEAK 	SYMPTOMS LEVEL	DURATION NOTES	RATE USE AGAIN

• Less than 5mg is a microdose • Start LOW & go SLOW • 5-15mg is a starter dose