




THE PRODUCT PROFILE WORKSHEET

Use this worksheet to choose a product that supports your goals. Refer to The Plant Menu to understand what to expect and manage your experience safely. Visit us at [It's A Plant](#) to learn more.

MAKE A PLAN

Who:	When:
Where:	Why:

DESIGN A PRODUCT PROFILE

INTAKE METHOD <input type="checkbox"/> Inhalation <input type="checkbox"/> Ingestion <input type="checkbox"/> Absorption	PLANT PROFILE <input type="checkbox"/> Full Spectrum <input type="checkbox"/> Broad Spectrum <input type="checkbox"/> Isolate	SPECIES <input type="checkbox"/> Sativa <input type="checkbox"/> Hybrid <input type="checkbox"/> Indica <input type="checkbox"/> N/A	CANNABINOID PROFILE <input type="checkbox"/> THC <input type="checkbox"/> CBG <input type="checkbox"/> CBD <input type="checkbox"/> CBN <input type="checkbox"/> CBC <input type="checkbox"/> THCV
TERPENE PROFILE <input type="checkbox"/> Ocimene <input type="checkbox"/> Beta-Caryophyllene <input type="checkbox"/> Pinene <input type="checkbox"/> Humulene <input type="checkbox"/> Terpinolene <input type="checkbox"/> Limonene <input type="checkbox"/> Other <input type="checkbox"/> Myrcene <input type="checkbox"/> Linalool <input type="checkbox"/> N/A		POTENCY <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High <input type="checkbox"/> Concentrate	 The Cannabis Guide

DOSE & TITRATION

Starting dose:	Increase dose by:	Time between doses:
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Product Selected:	Notes:
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For educational purposes only.