



**HEALER**

# INNER INVENTORY

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Rate each using a scale of 1-10: (1=worst and 10=best)

**Breath:** How easy and smooth is your breath?

**Body:** How comfortable and calm does your body feel? How easy is it to remain still and comfortable?

**Mood:** How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

**Symptom:** How severe are your symptoms? (1=minimal and 10=severe)

### Starting Inner inventory (before using cannabis)

	<b>Breath:</b>	<b>Body:</b>	<b>Mood:</b>
Start Time: _____	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Post Inner inventory (after using cannabis)

	<b>Breath:</b>	<b>Body:</b>	<b>Mood:</b>
Time: _____	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time: _____	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time: _____	<input type="text"/>	<input type="text"/>	<input type="text"/>

#### Inhalation:

\*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.

Wait 5 minutes in between.

#### Liquid Extract:

\*After 30 to 45 minutes, if you feel NO Effect, try eating a healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations.

Wait 30 to 45 minutes in between.additional administration.

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.