

**TRANSPERSONAL MICRODOSE**



**DOSE DIARY**

Date:



# Dose Diary

Dose:

Time:

+ hours:

Alarm Set: Y / N

Affirmation:

Mindset:

---

## CHECK-IN:

Thoughts/Mindset:

Mood/Emotion:

Energy/Motivation:

Feeling/Sensation:

---

## EOD REVIEW:

Mind

-3

-2

-1


0


+1

+2

+3

Body





Date:



# Dose Diary

Dose:

Time:

+ hours:

Alarm Set: Y / N

Affirmation:

Mindset:

---

## CHECK-IN:

Thoughts/Mindset:

Mood/Emotion:

Energy/Motivation:

Feeling/Sensation:

---

## EOD REVIEW:

Mind    -3    -2    -1    0    +1    +2    +3    Body



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## EOD REVIEW:

Mind    -3    -2    -1    0    +1    +2    +3    Body



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## EOD REVIEW:

Mind    -3    -2    -1    0    +1    +2    +3    Body



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Mood/Emotion:

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Feeling/Sensation:

---

## EOD REVIEW:

Mind    -3    -2    -1    0    +1    +2    +3    Body






# DOSE TRACKER

THE DOSE TRACKER IS A GREAT TOOL THAT HELPS YOU TO VIEW YOUR DAILY DOSING OUTCOMES EASILY. WORKING IN CYCLES OF 5 DAYS, LEAVING A DAY BETWEEN CYCLES, RATE YOUR EXPERIENCE BELOW FROM -3 TO +3 (ZERO BEING NOTHING EXPERIENCED).

YOU WILL BE ABLE TO REFER BACK TO THIS TRACKER WHEN NAVIGATING YOUR MICRODOSE JOURNEY.


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DATE:	-3	-2	-1	0	+1	+2	+3
THOUGHTS/MINDSET	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MOOD/EMOTION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ENERGY/MOTIVATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FEELING/SENSATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MIND/BODY THRESHOLD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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DATE:	-3	-2	-1	0	+1	+2	+3
THOUGHTS/MINDSET	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MOOD/EMOTION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ENERGY/MOTIVATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FEELING/SENSATION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MIND/BODY THRESHOLD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# DOSE TRACKER



DATE:

-3

-2

-1

0

+1

+2

+3

THOUGHTS/MINDSET

☐☐☐☐☐☐☐

MOOD/EMOTION

☐☐☐☐☐☐☐

ENERGY/MOTIVATION

☐☐☐☐☐☐☐

FEELING/SENSATION

☐☐☐☐☐☐☐

MIND/BODY THRESHOLD

☐☐☐☐☐☐☐

DATE:

-3

-2

-1

0

+1

+2

+3

THOUGHTS/MINDSET

☐☐☐☐☐☐☐

MOOD/EMOTION

☐☐☐☐☐☐☐

ENERGY/MOTIVATION

☐☐☐☐☐☐☐

FEELING/SENSATION

☐☐☐☐☐☐☐

MIND/BODY THRESHOLD

☐☐☐☐☐☐☐

DATE:

-3

-2

-1

0

+1

+2

+3

THOUGHTS/MINDSET

☐☐☐☐☐☐☐

MOOD/EMOTION

☐☐☐☐☐☐☐

ENERGY/MOTIVATION

☐☐☐☐☐☐☐

FEELING/SENSATION

☐☐☐☐☐☐☐

MIND/BODY THRESHOLD

☐☐☐☐☐☐☐