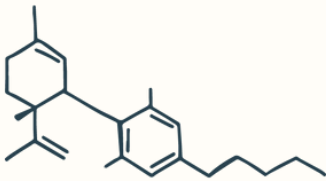


TAILORING YOUR ROUTINE



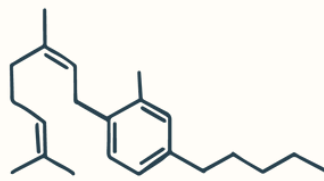
1. First, think about what you want out of a cannabinoid routine, whether that's to improve your sleep, reduce anxiety, increase your focus or improve your energy levels.
2. Visit the TT Academy to research cannabinoids and terpenes. Rebuild a dosing routine with the right cannabinoids and terpenes for you.
3. Make a record of your symptoms, feelings, and changes using the TT Tracker on the next page. Recording helps you understand how your new cannabinoid routine is helping you and tailor your dosage further – finding the ideal time of day for the best results.
4. Consistency is key. Allow two weeks to see changes, and review your routine regularly.

THE COMPONENTS



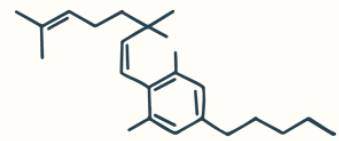
CBD

CBD supports the balance of key functions in your body – from sleep and mood to pain.



CBG

CBG works with additional receptors to improve your gut, eye, and brain function.



CBC

CBC works to regulate inflammation, temperature and brain health.



POWER UP

Naturally energising compounds with proven uplifting properties to increase focus and energy.



POWER DOWN

Naturally sedating compounds proven to relax and improve mood and sleep.

The 4 TT routine steps are a cycle, so when your life and health needs change so should your dosing. Your journey to wellness is not linear. By consciously managing your cannabis wellness routine, you can be the very best version of you – no matter what life throws at you!

TT JOURNAL

YOUR GOAL



DAY 1 AM PM NIGHT

RECORD

	AM	PM	NIGHT
TT CBD			
TT CBG			
TT CBC			
POWER UP <small>TERPENE BLEND</small>			
POWER DOWN <small>TERPENE BLEND</small>			

DAY 2 AM PM NIGHT

RECORD

	AM	PM	NIGHT
TT CBD			
TT CBG			
TT CBC			
POWER UP <small>TERPENE BLEND</small>			
POWER DOWN <small>TERPENE BLEND</small>			

DAY 3 AM PM NIGHT

RECORD

	AM	PM	NIGHT
TT CBD			
TT CBG			
TT CBC			
POWER UP <small>TERPENE BLEND</small>			
POWER DOWN <small>TERPENE BLEND</small>			

DAY 4 AM PM NIGHT

RECORD

	AM	PM	NIGHT
TT CBD			
TT CBG			
TT CBC			
POWER UP <small>TERPENE BLEND</small>			
POWER DOWN <small>TERPENE BLEND</small>			

DAY 5 AM PM NIGHT

RECORD

	AM	PM	NIGHT
TT CBD			
TT CBG			
TT CBC			
POWER UP <small>TERPENE BLEND</small>			
POWER DOWN <small>TERPENE BLEND</small>			