



PSYCHEDELIC SAFETY FOR RESPONSIBLE ADULTS

Cosmic Voyage Journal Template

What else did you take today? Include all supplements, medications, & other substances:

Meal Times: _____

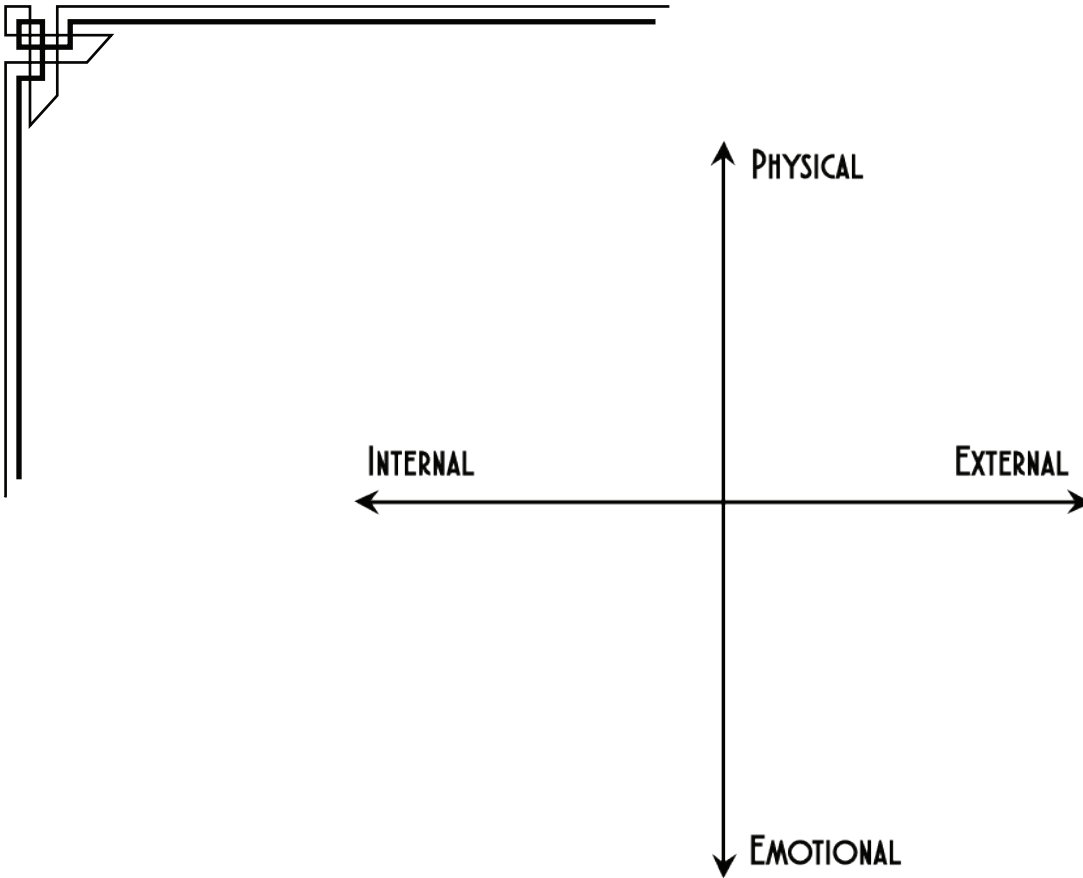
Set & Setting Notes

Substance _____

Dosage _____

ROA _____

Launch Time _____



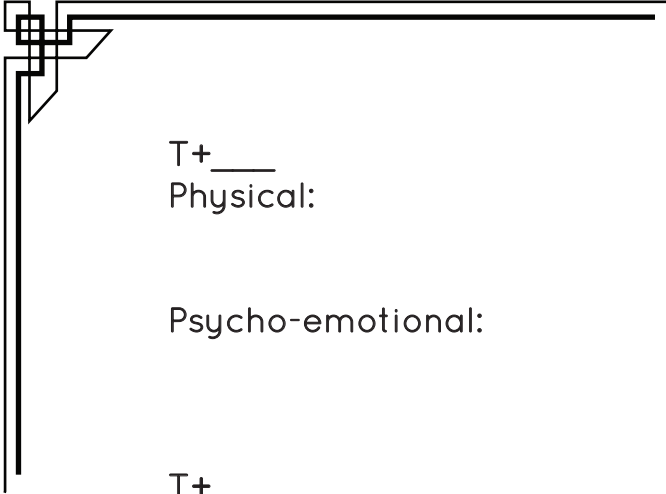
Set timed intervals for updates (ex. 30 minutes). Recommended use of the [Shulgin Rating Scale](#) for comparison of subjective experiences. .

T+ 0:00
Physical:

Psycho-emotional:

T+ ___
Physical:

Psycho-emotional:



T+____
Physical:

Psycho-emotional:

T+____
Physical:

Psycho-emotional:

T+____
Physical:

Psycho-emotional:

T+____
Physical:

Psycho-emotional:

After Effects

