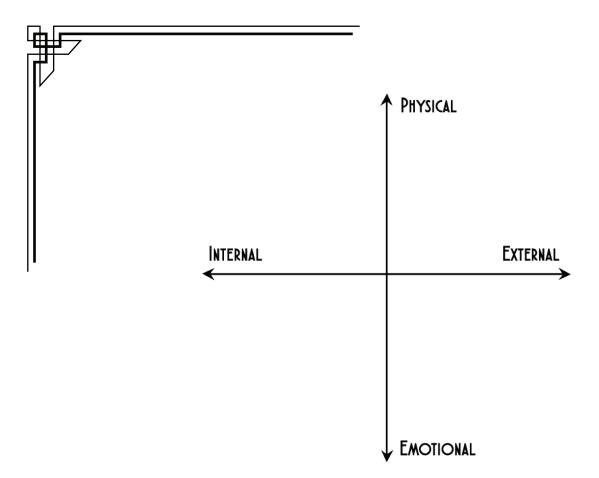


Cosmic Voyage Journal Template

What else did you medications, & ot	u take today? Include all supplements, ther substances:	
Meal Times:		
	Set & Setting Notes	
Substance ———		
Dosage		
ROA		
Launch Time		
	© 2021 Psychedelic S	AFETY ALLIANCE



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

T+ 0:00 Physical:

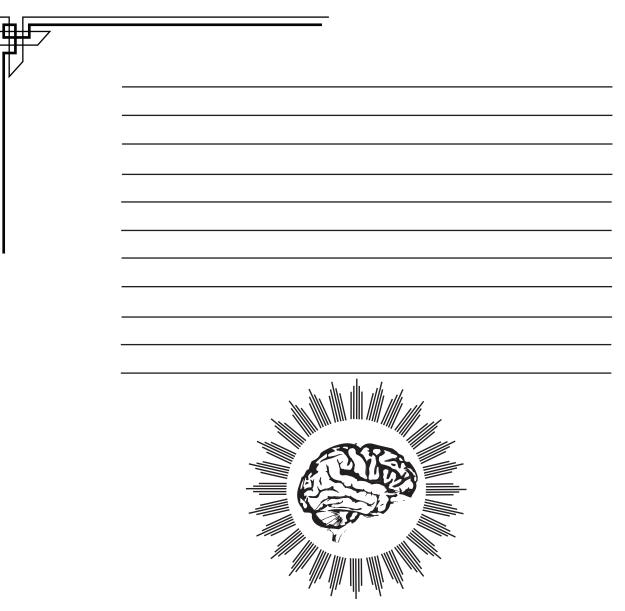
Psycho-emotional:

T+___

Physical:

Psycho-emotional:

T+ Physical:		
Psycho-emotional:		
T+ Physical:		
Psycho-emotional:		
T+ Physical:		
Psycho-emotional:		
T+ Physical:		
Psycho-emotional:		
	After Effects	



Obligatory Disclaimer:

The Psychedelic Safety Alliance does not provide mental healthcare, medical services, or individual consultation on cases. The Psychedelic Safety Alliance is not a substitute for drug treatment or similar services, medical, psychological, or psychiatric diagnosis, treatment, or advice.

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