

Instructions for Filling Out the Timeline Marijuana Use Calendar

To help us evaluate your marijuana use, we need to get an idea of what your use was like in the past ____ days. To do this, we would like you to fill out the attached calendar.

- ✓ Filling out the calendar is not hard!
- ✓ Try to be as accurate as possible.
- ✓ We recognize you won't have perfect recall. That's OKAY.

✓ **WHAT TO FILL IN**

- The idea is to record how many joints you smoked for **each day** on the calendar.
- On days when you **did not smoke marijuana**, not even part of a joint, you should write a "0."
- On days when you **did smoke marijuana**, even part of a joint, you should write in the total number of "average" sized joints you used. Also, the smallest number of joints you can record is "1." So if you shared a joint with someone you would write "1."

It's important that something is written for every day, even if it is a "0".

✓ **YOUR BEST ESTIMATE**

- We realize it isn't easy to recall things with 100% accuracy
- If you are not sure whether you smoked 3 or 4 joints or whether you smoked on a Thursday or a Friday, **give it your best guess!** What is important is that 3 or 4 joints is very different from 10 or 12 joints. The goal is to get a sense of how frequently you used marijuana, how much you smoked, and your patterns of use.

✓ **HELPFUL HINTS**

- If you have an appointment book you can use it to help you recall your use.
- Holidays such as Thanksgiving and Christmas are marked on the calendar to help you recall your marijuana use. Also, think about how much you smoked on personal holidays & events such as birthdays, vacations, or parties.
- If you have **regular patterns to your marijuana use**, you can use these to help you recall your use. For example, some people may only smoke during certain social situations.

✓ **COMPLETING THE CALENDAR**

- A blank calendar is attached. Write in the number of averaged sized joints you smoked on **each day**.
- The time period we are talking about on the calendar is
from _____ to _____.
- In estimating your marijuana use, be as accurate as possible.
- **DOUBLE CHECK THAT ALL DAYS ARE FILLED IN BEFORE RETURNING THE CALENDAR.**
- Before you start look at the **SAMPLE CALENDAR** on the next page.

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✓ **SAMPLE CALENDAR**

| 2000 | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------|---------|---------------------|---------|---------|---------|---------|---------|
| | | | | | | 1 0 | 2 0 |
| S | 3 0 | 4 0 Labor Day | 5 3 | 6 8 | 7 1 | 8 0 | 9 3 |
| E | 10 2 | 11 2 | 12 0 | 13 8 | 14 5 | 15 0 | 16 4 |
| P | 17 2 | 18 0 | 19 0 | 20 0 | 21 0 | 22 2 | 23 4 |
| T | 24 0 | 25 0 | 26 6 | 27 0 | 28 0 | 29 0 | 30 2 |