

# Choosing Your CARTA Path

A Step-by-Step Guide to Building Your First Stack

## Step 1: Define Your Goal

Clarify what you want most from cannabis right now—better sleep, calmer days, fewer pain flares, more comfortable social time, or something else.

A single primary goal keeps early regimens simple and easier to evaluate.

## Step 2: Choose Your Baseline Capsule

Select a capsule that matches your goal, such as Calm & Focus, Rest & Restore, Mobility & Function, or another relevant profile.

Use it at the same time daily for at least a week while logging outcomes.

### Step 3: Add Sprays or Inhalation Thoughtfully

Layer Universal Booster or THC Stacker sprays for context-specific needs, and consider chemotype-matched inhalation for rapid-onset situations.

Change only one variable at a time and review how the week felt before adjusting again.

## Step 4: Review and Refine

Use the Stack app to look for patterns in sleep, mood, pain, and function.

Shift dose, timing, or chemotype families only when there is enough data to guide the change.

## Key Takeaway

Simple, intentional steps add up to a tailored regimen—your unique CARTA path.

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