Health Journal

A 30-Day Guided Journal

Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1. Set aside a few minutes each day to write
2. Be honest and write freely without judgment
3. Try to write at the same time each day to build a habit
4. Review your entries weekly to notice patterns

- Fill in the tracker each evening: rate your mood, energy, pain, and stress, log sleep hours and water intake, and check off exercise and medication
- In the "How I feel today" section, describe your overall physical and mental state in a few sentences
- Use "Symptoms & changes" to note anything new or ongoing — headaches, digestive issues, skin changes, etc.
- Write down questions or observations under "Notes for my doctor" so you are prepared for your next appointment
- Review your entries weekly to identify trends and share relevant pages with your healthcare provider

Scan for a detailed guide on how to use this journal

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Exercise: ☐

Medication taken: ☐

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