

# Wellness Journal



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*This book is definitely not effortless to begin on looking at but quite entertaining to read. Better then never, though i am quite late in start reading this one. I am just easily can get a enjoyment of looking at a written ebook.*

***(Elinor Hyatt)***

## WELLNESS JOURNAL



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I created this Wellness Journal to help me track the symptoms (or relief of) that I have been struggling with for years. Whether you are discovering if you suffer from food allergies, using a new medication, or looking to loose a few pounds, there are so many reasons why journaling will benefit your well being. Everything we do in life is connected to the other. How much water did you drink today? What time did you eat your last meal? How many steps did you take? Are you taking any new medication? All these things will affect how well you sleep at night. how well you sleep at night will affect your stress, energy, focus, overall mood and even your weight! You will find a Measurements/Goal page at the beginning of this book and again every 31 days. Celebrate your accomplishments, big and small! I hope you discover great things for your well being. Includes pages to track your habits for 3 months along with goal and measurement pages every 31 days.



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