



Chart Your Health Journal: 30 Day Diary (Paperback)

By Bev Pogreba

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to know what is stressing you out, triggering allergies or cravings? Causing insomnia? Chart Your Health Journal is quick and easy to fill out each day with a weekly tally sheet to track and note any patterns of underlying issue that might otherwise not be readily obvious. Track daily activities, weather, moods and more to discover a remedy for an issue or simply encourage a healthier lifestyle. Share the results with your doctor or healthcare provider. This book is also useful following an auto accident.



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