

Mental Health Journal

EMERGENCY CONTACTS LIST

POLICE DEPARTMENT

Address: _____ Telephone Number: _____

Website: _____

FIRE DEPARTMENT

Address: _____ Telephone Number: _____

Website: _____

HOSPITAL

Name: _____

Address: _____ Telephone Number: _____

Website: _____

PHARMACY

Name: _____

Address: _____ Telephone Number: _____

Website: _____

POISON CONTROL CENTER

Name: _____

Address: _____ Telephone Number: _____

Website: _____

URGENT CARE

Name: _____

Address: _____ Telephone Number: _____

Website: _____

NEIGHBOR

Name: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____

COVER

EMERGENCY
CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR
INFORMATION

MEDICAL
HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

EMERGENCY CONTACTS LIST

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

SCHOOL

School Name: _____ Child Name: _____

Grade: _____ Address: _____

Telephone Number: _____ Email: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

FAMILY MEMBER

Name: _____ Relationship: _____

Address: _____ Home Telephone Number: _____

Cell Number: _____ Work Phone Number: _____

Email: _____ Employer: _____

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PROVIDER

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STICKERS

INSURANCE PROVIDER

MEDICAL INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

DENTAL INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

VISION INSURANCE

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

PRESCRIPTION CARD

Insurance Provider: _____ Policy #: _____

Group #: _____ Website: _____

Username: _____ Password: _____

Phone Number: _____ Subscriber: _____ Subscriber DOB: _____

NOTES

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INSURANCE
PROVIDER

DOCTOR
INFORMATION

MEDICAL
HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
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GRATITUDE
JOURNAL

STICKERS

DOCTOR INFORMATION

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

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Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

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Patient Name: _____ Dr. Name: _____

Specialist: _____ Working Hours: _____

Address: _____ Phone number: _____

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INSURANCE
PROVIDER

DOCTOR
INFORMATION

MEDICAL
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MEDICATIONS

APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

MEDICAL HISTORY

Patient Name: _____ DOB: _____

Premedication: _____

Weight: _____ Date: _____

Height: _____ Date: _____

Blood Pressure: _____ Date: _____

Eye Exam Results: _____ Right Eye: _____ Left Eye: _____

MEDICAL CONDITIONS

HOSPITALIZATIONS/MAJOR EVENT

Date	Treatment	Precautions

COVER

EMERGENCY CONTACTS LIST

INSURANCE PROVIDER

**DOCTOR
INFORMATION**

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT NOTES

SHOPPING LIST

WEEKLY
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MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

APPOINTMENT NOTES

Patient Name:

Date : _____

Time: _____

Specialist:

Questions:

Location:

Symptoms:

Preparation:

Next Action:

Follow up Appointment:

Waiting For:

Notes:

COVER

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INSURANCE
PROVIDER

DOCTOR
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WEEKLY
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MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

GROCERY SHOPPING LIST

<i>Fruits</i>

<i>Pasta and Grains</i>
<i>Beverages</i>

<i>Vegetables</i>

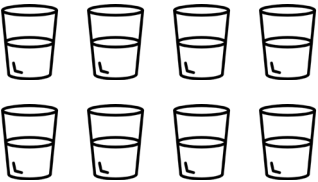
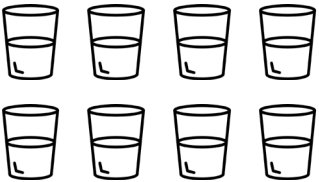
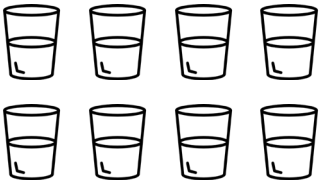
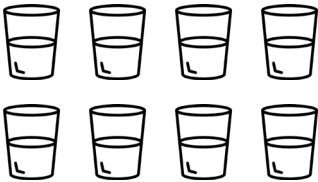
<i>Meat</i>

<i>Snacks</i>
<i>Beauty</i>

<i>Bakery</i>

WEEKLY PLANNER

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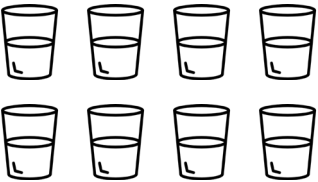
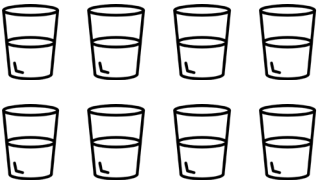
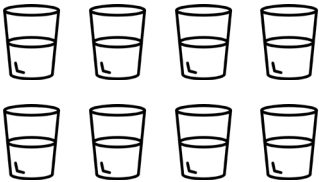
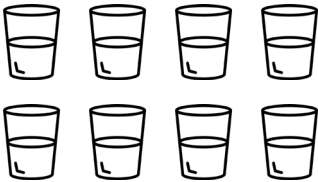
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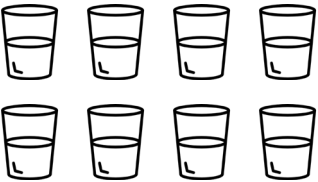
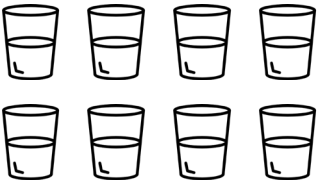
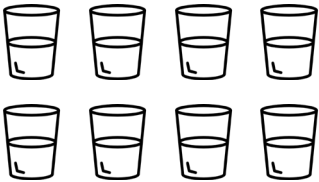
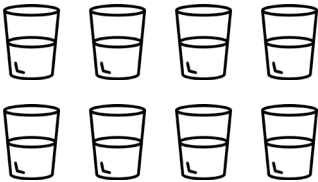
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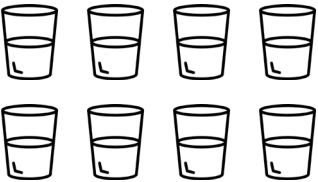
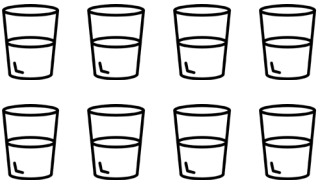
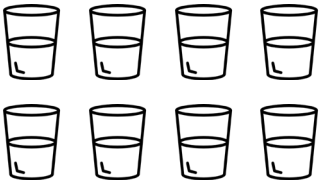
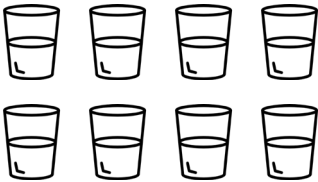
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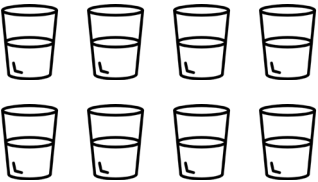
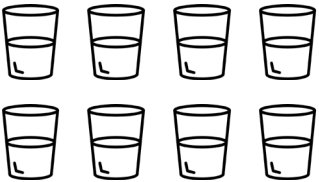
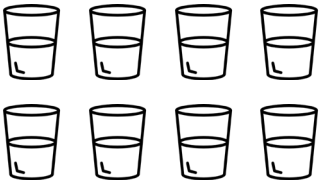
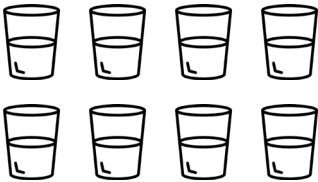
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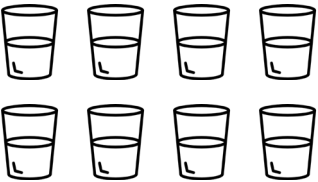
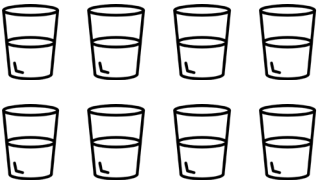
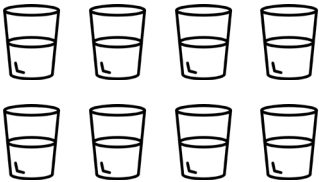
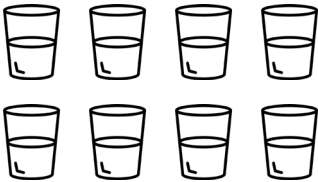
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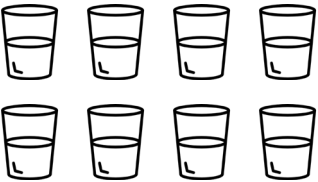
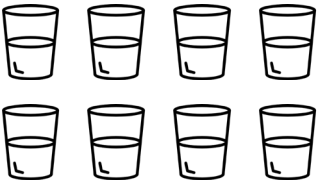
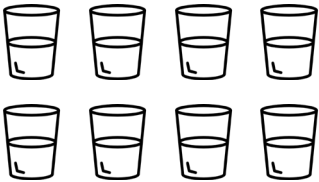
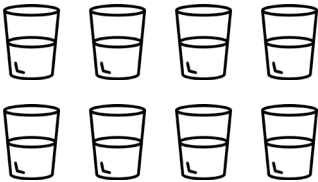
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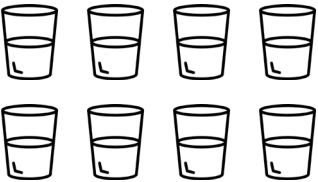
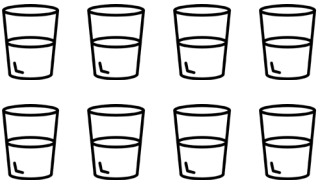
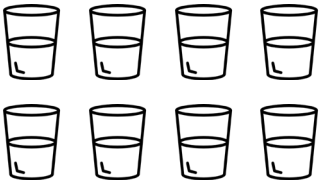
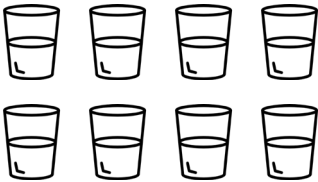
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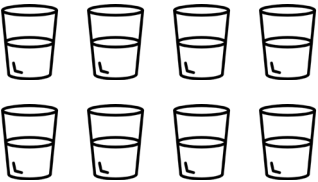
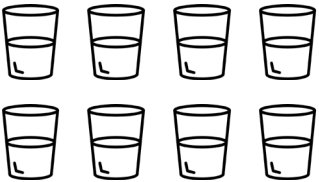
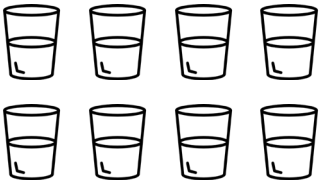
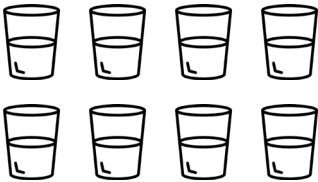
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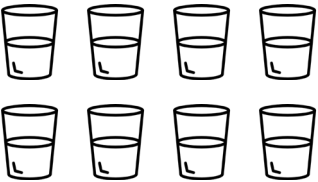
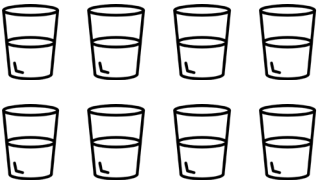
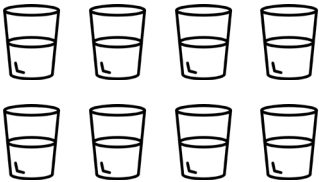
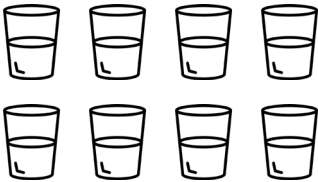
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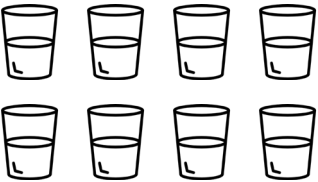
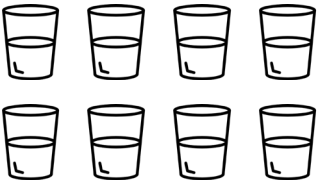
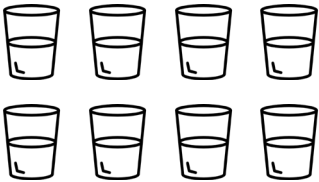
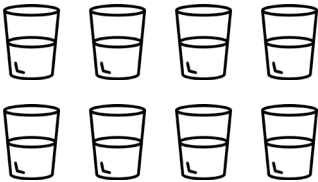
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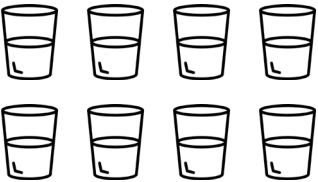
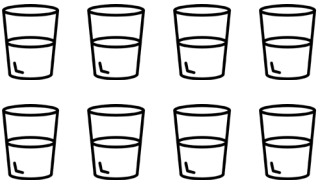
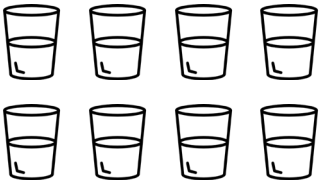
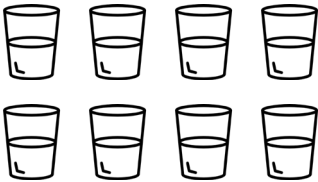
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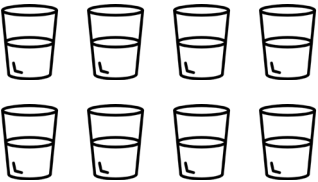
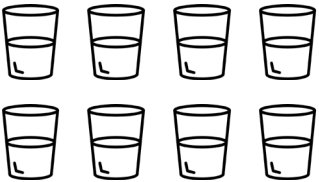
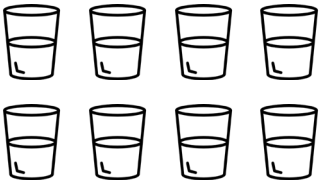
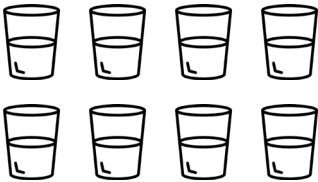
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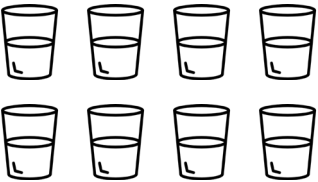
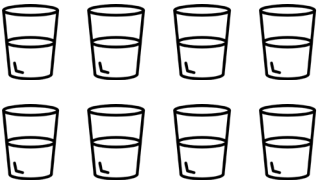
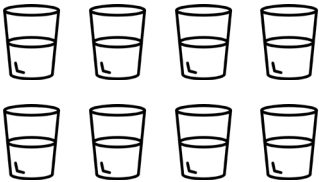
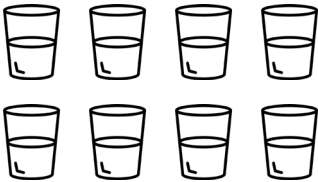
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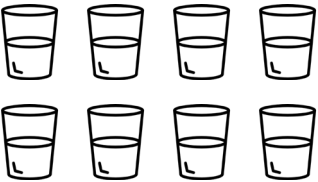
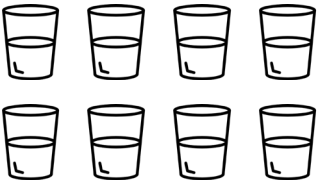
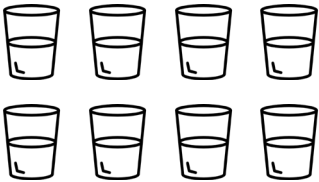
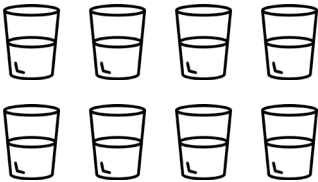
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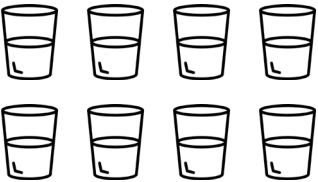
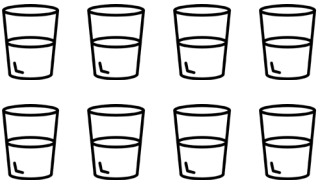
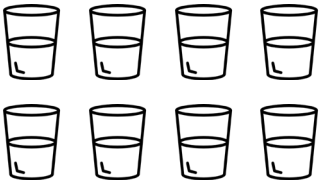
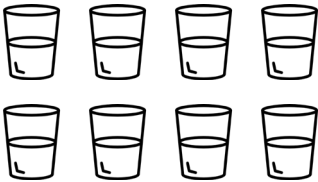
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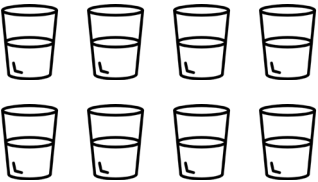
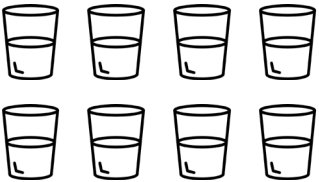
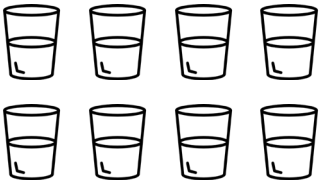
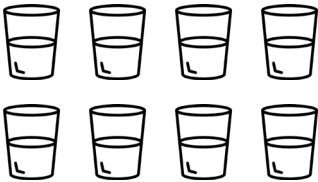
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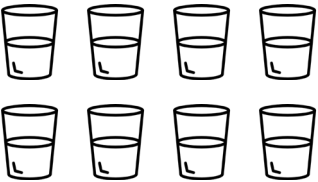
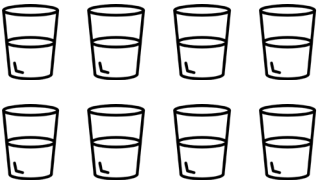
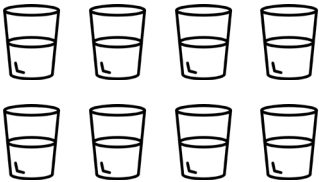
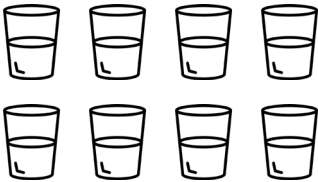
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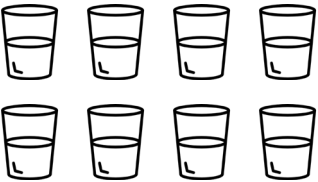
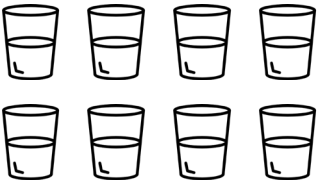
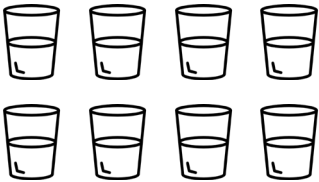
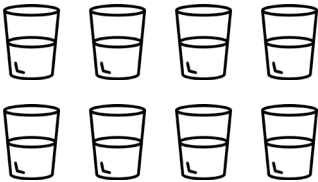
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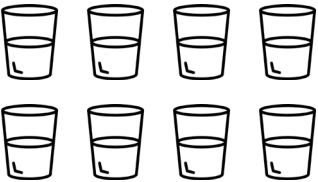
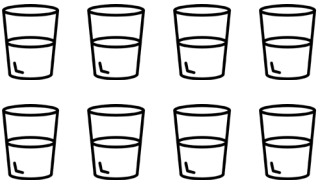
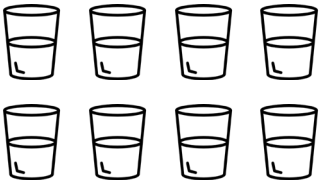
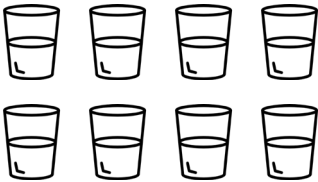
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SHOPPING LIST
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MOOD TRACKER
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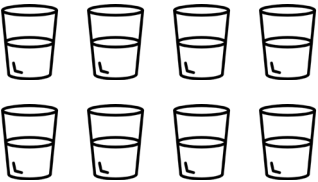
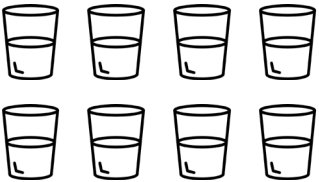
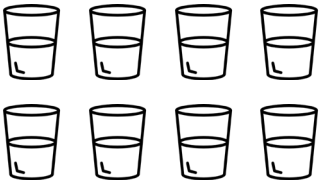
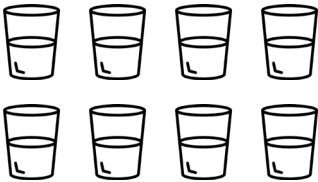
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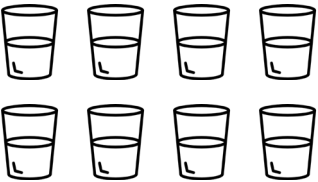
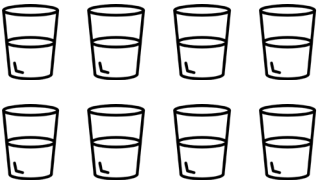
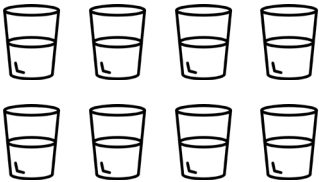
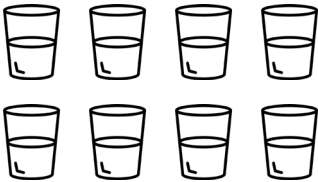
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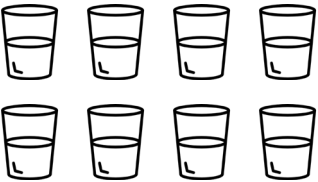
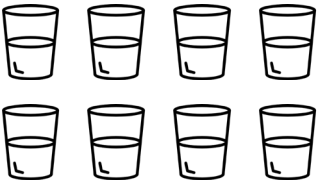
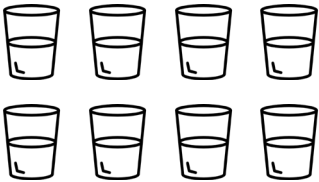
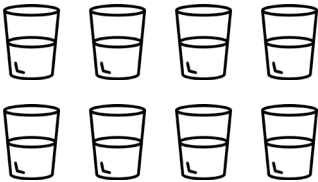
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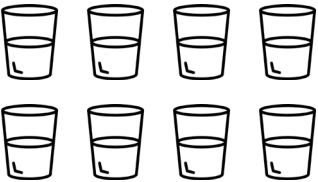
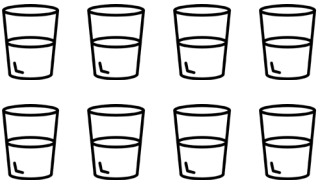
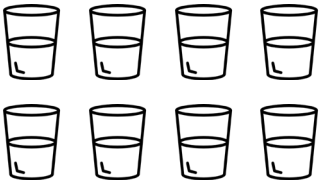
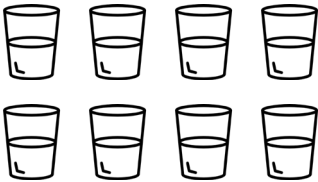
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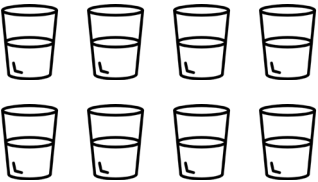
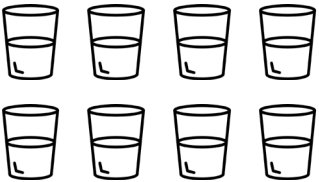
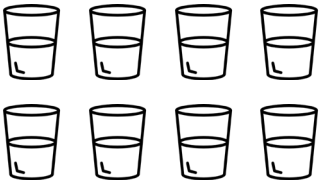
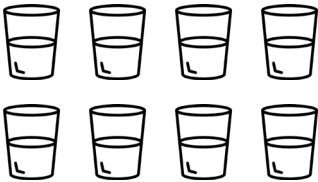
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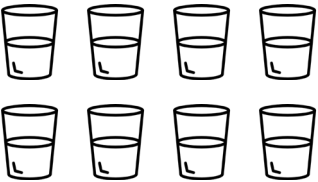
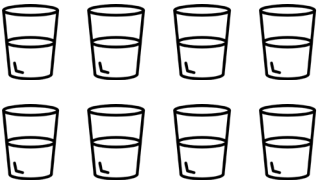
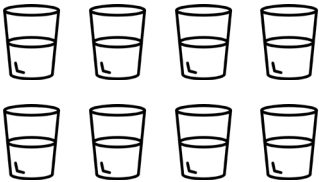
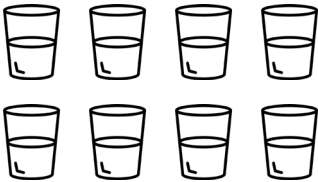


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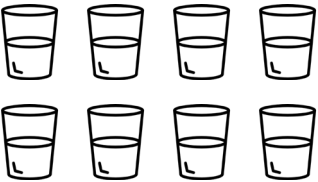
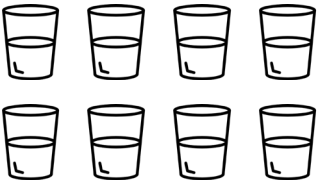
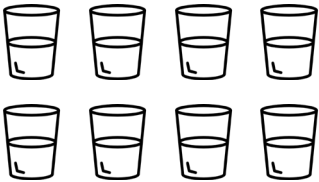
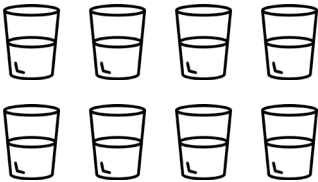
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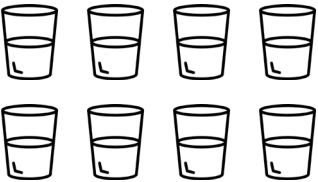
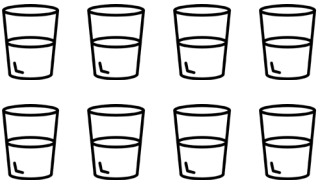
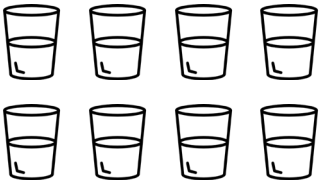
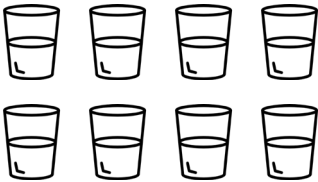
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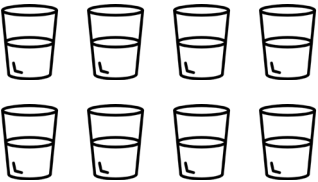
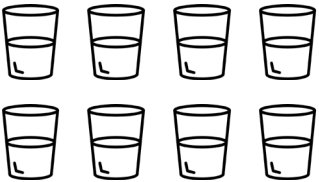
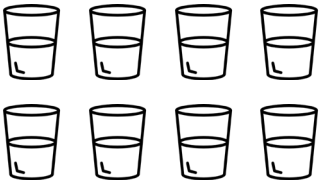
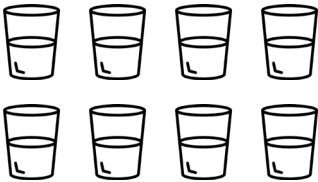
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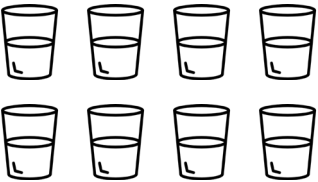
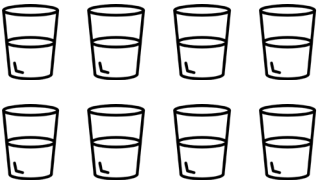
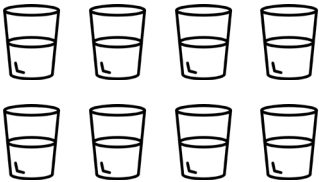
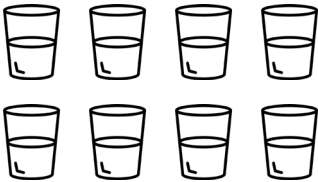
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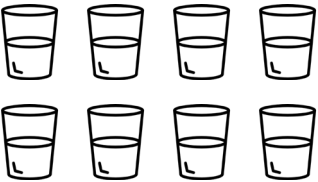
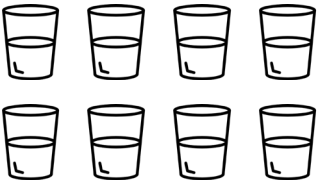
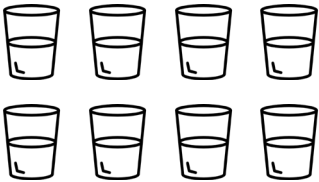
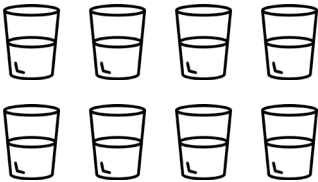
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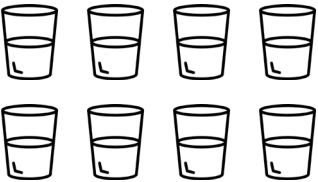
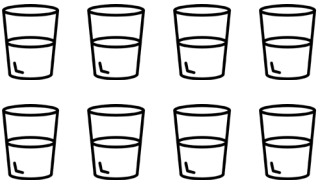
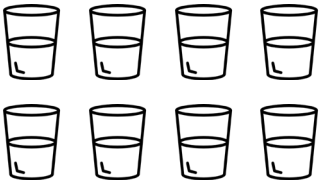
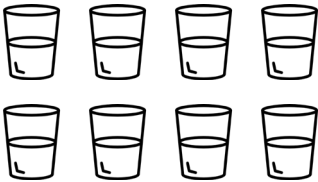
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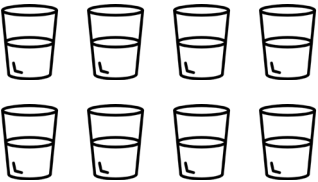
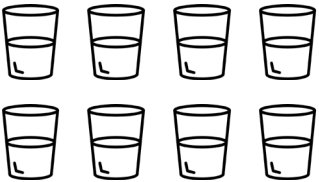
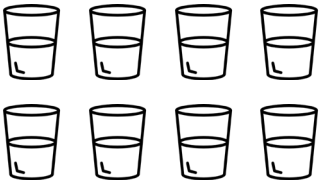
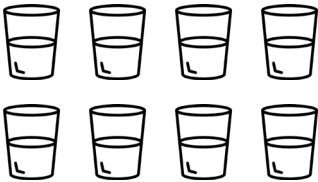
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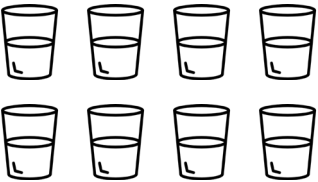
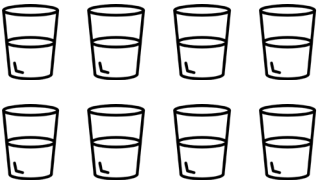
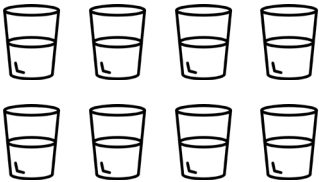
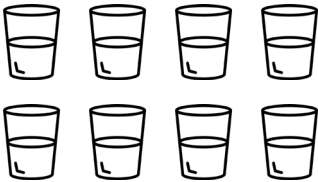
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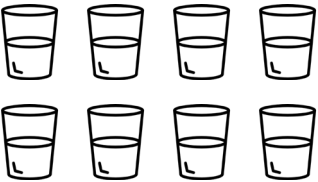
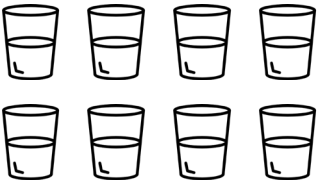
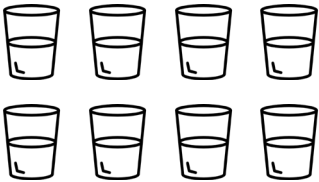
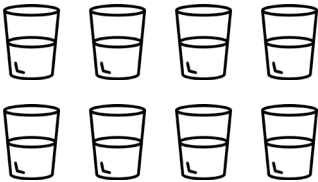
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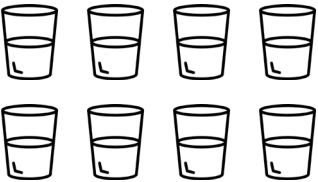
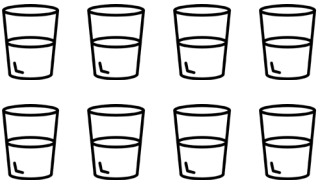
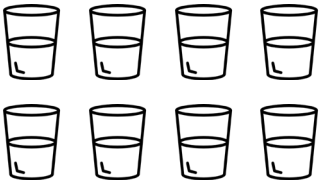
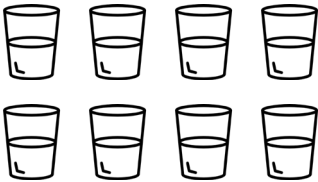
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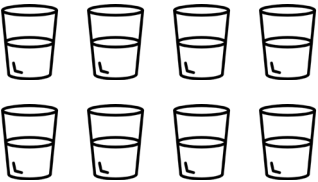
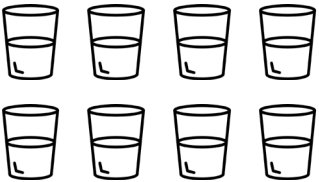
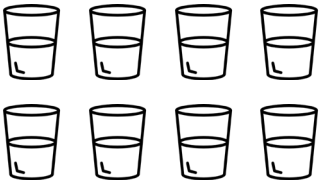
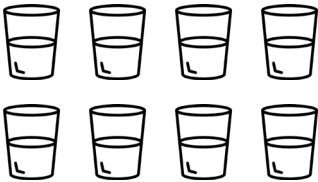
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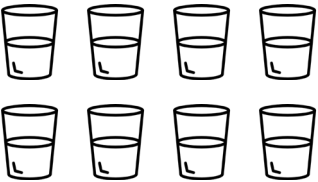
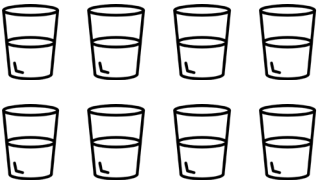
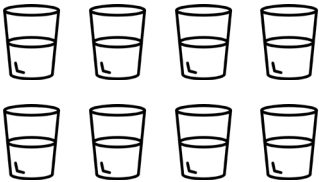
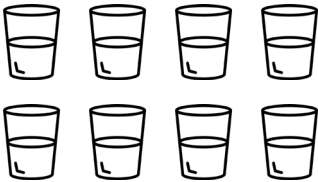
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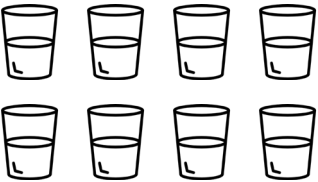
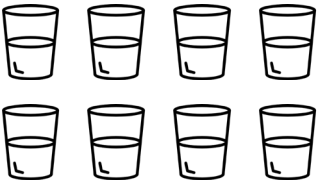
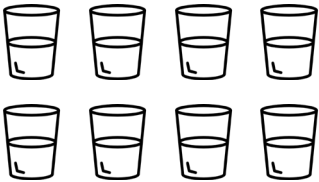
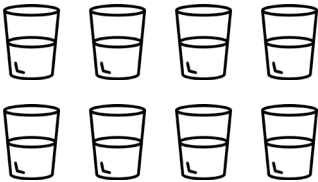
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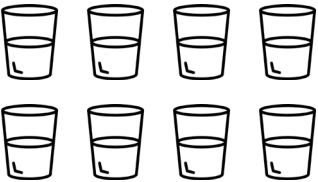
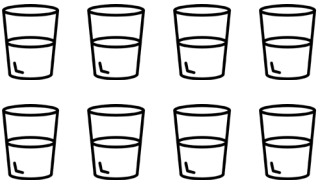
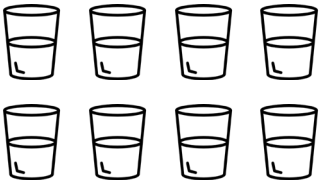
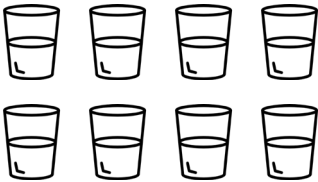
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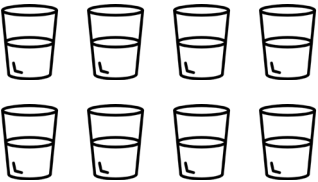
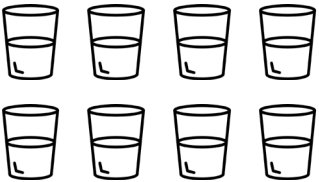
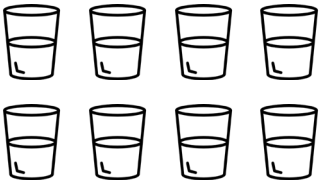
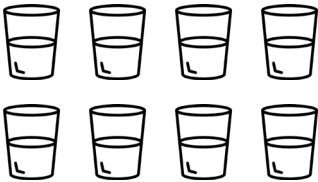
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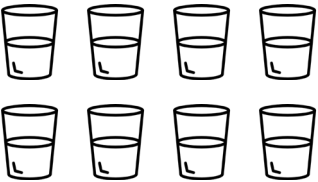
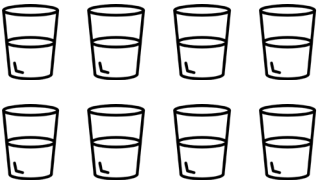
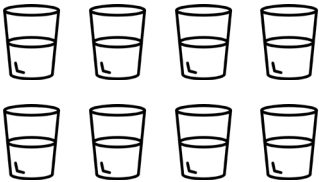
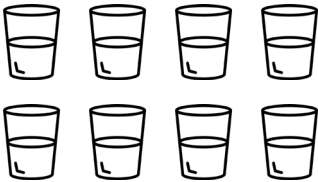
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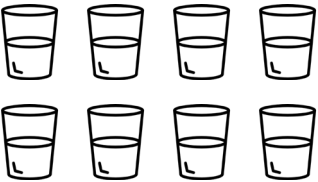
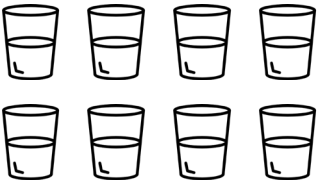
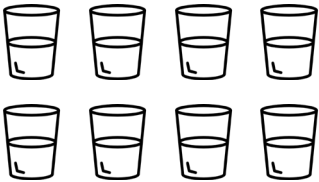
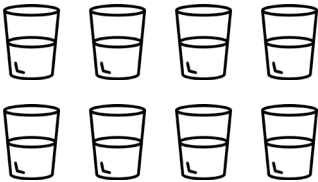
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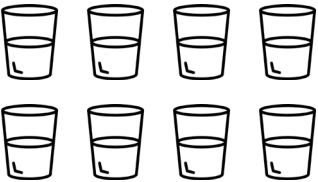
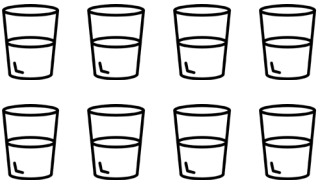
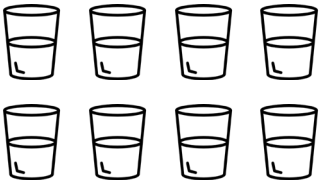
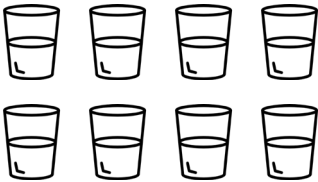
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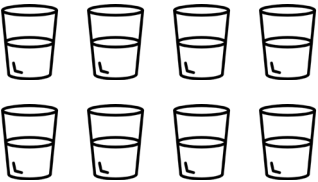
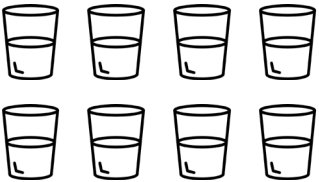
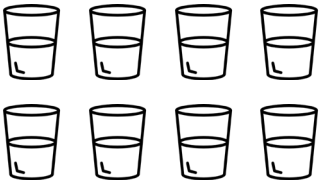
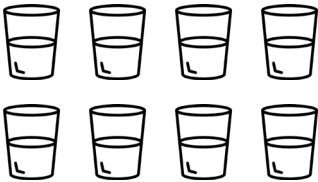
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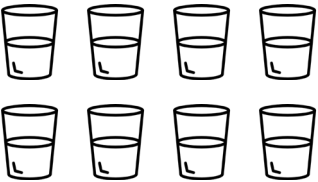
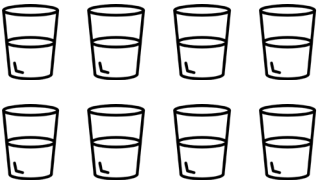
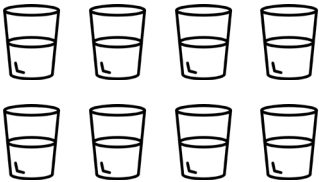
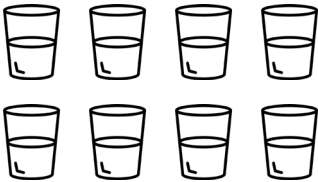
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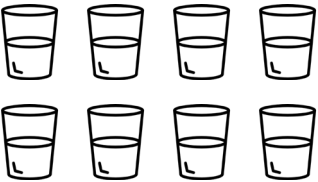
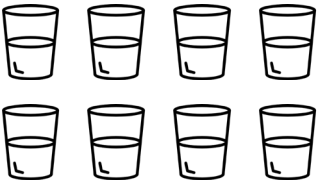
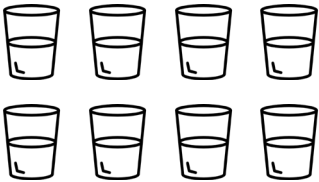
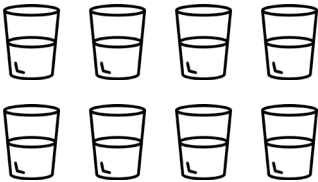
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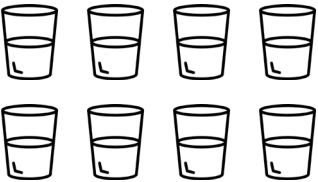
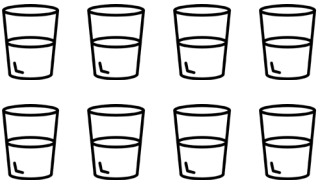
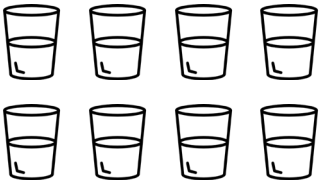
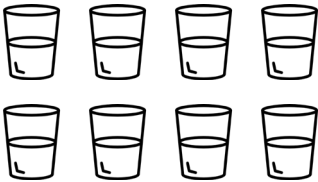
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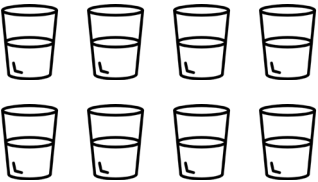
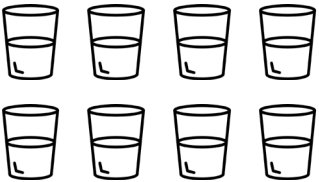
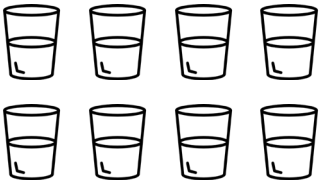
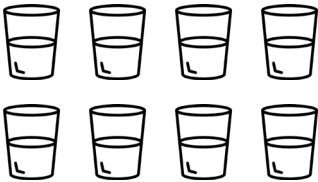
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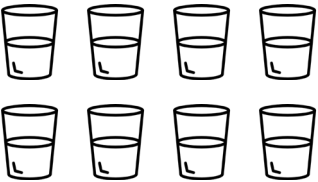
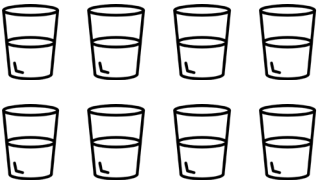
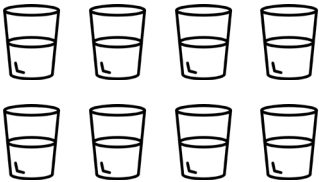
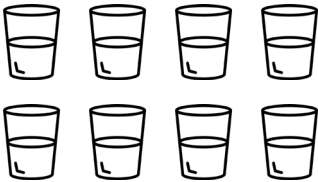
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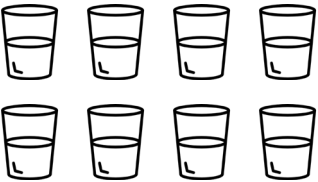
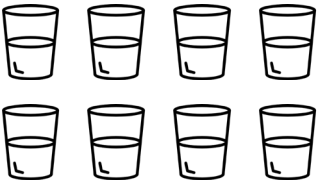
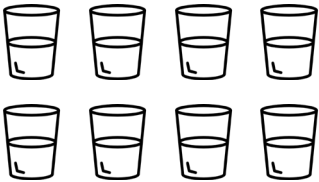
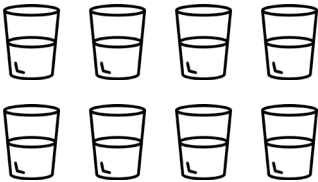
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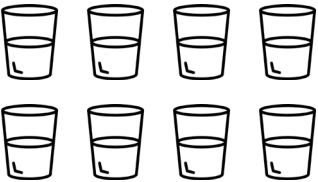
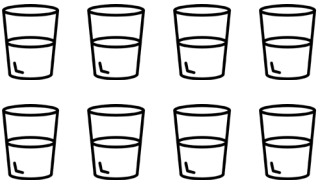
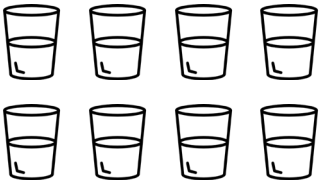
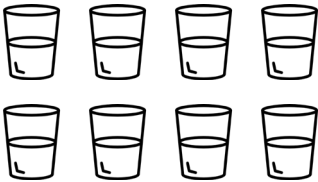
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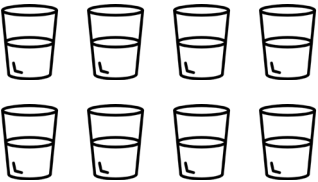
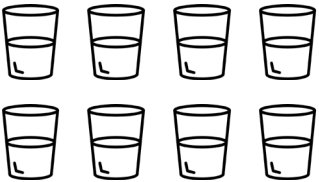
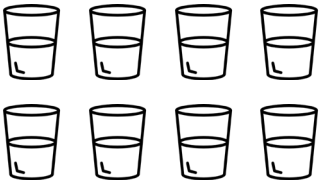
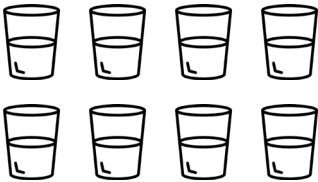
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MOOD TRACKER

MONTH:

JANUARY

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH: FEBRUARY

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH:

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH:

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- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH: MAY

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- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: JUNE

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

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MOOD TRACKER

MONTH: JULY

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH:

AUGUST

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH:

SEPTEMBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH: OCTOBER

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH:

NOVEMBER

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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

MOOD TRACKER

MONTH:

DECEMBER

DAY	C	P	J	A	H	P	DAILY REFLECTION
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- CALM
- POSITIVE
- JOYFUL
- ANXIOUS
- HOPELESS
- PANICKED

NOTES

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

GRATITUDE JOURNAL

EMERGENCY CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR INFORMATION

MEDICAL HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING LIST

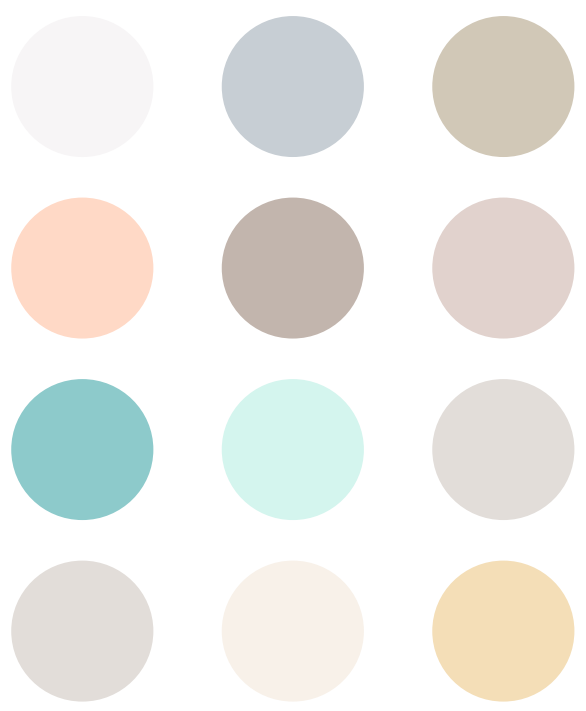
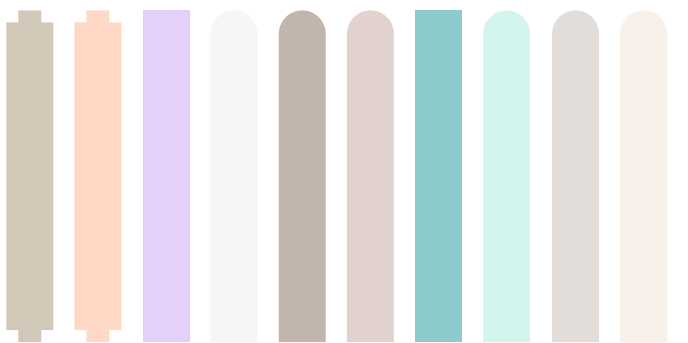
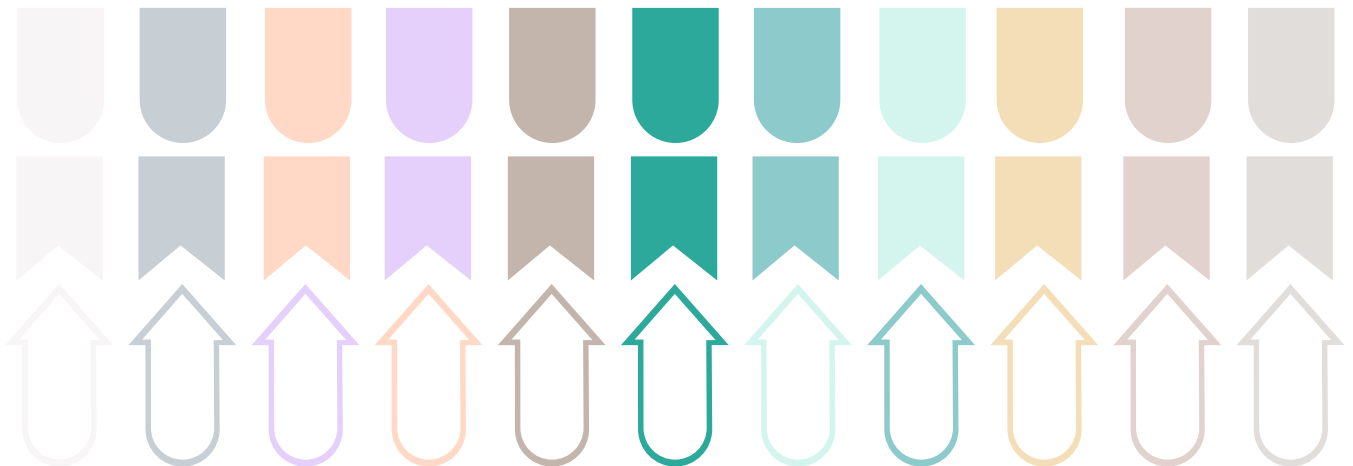
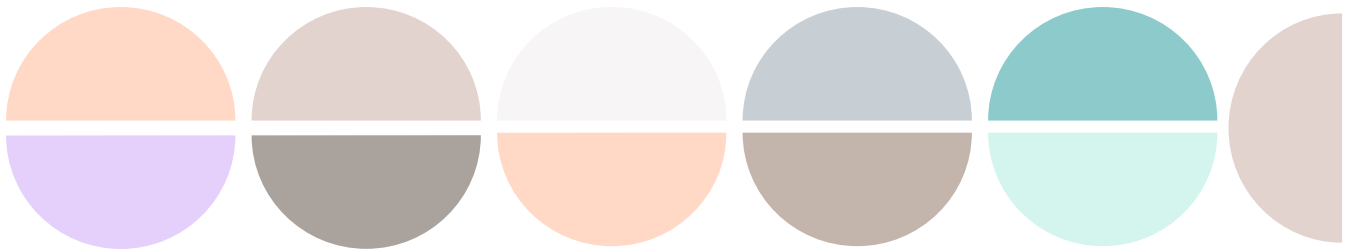
WEEKLY
PLANNER

MOOD TRACKER

GRATITUDE
JOURNAL

STICKERS

STICKERS



COVER

EMERGENCY
CONTACTS LIST

INSURANCE
PROVIDER

DOCTOR
INFORMATION

MEDICAL
HISTORY

MEDICATIONS

APPOINTMENT
NOTES

SHOPPING
LIST

WEEKLY
PLANNER

MOOD
TRACKER

GRATITUDE
JOURNAL

STICKERS

