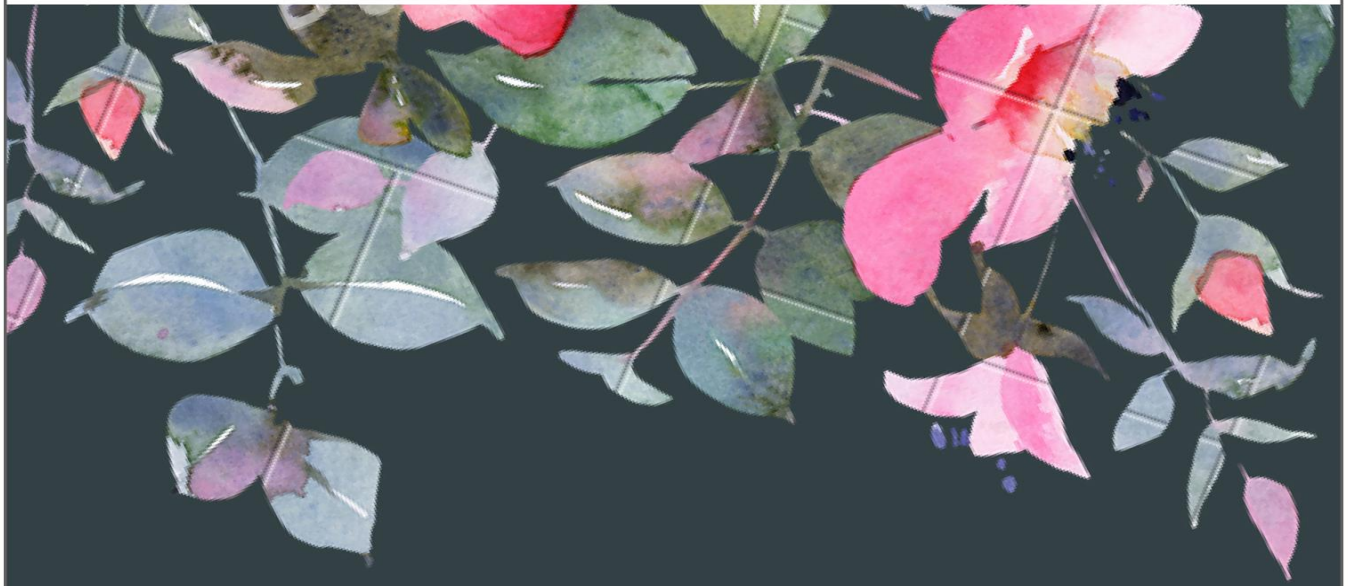


• 10 MINUTES A WEEK TO GREATER HEALTH •



HEALTH Journal

• MOODS • • MEDS •
• SYMPTOMS • • SUPPLEMENTS •
• RESULTS • • GRATITUDE •

Reena A Jadhav

Welcome to Your Health Journal!

Hi, my name is Reena and I'm excited to welcome you to greater health!

I created this journal out of my own desperate need to get my health back. To be free of pills that simply masked my symptoms.

So, after much research and design, this easy to use yet powerful Heal Journal was born. What makes it special is that-

- It's QUICK - just 5 minutes a day
- It's INSPIRING - quotes to keep you going
- It's COMPLETE - tracks all aspects of healing

Come on over to www.HealthBootcamps.com for free tips and training on how to best use your Heal Journal. Get health insights from World's best doctors while you are there.

Got questions or feedback? Reach me at reena@healthbootcamps.com.

I would love to connect with you at:

www.facebook.com/healthbootcamps

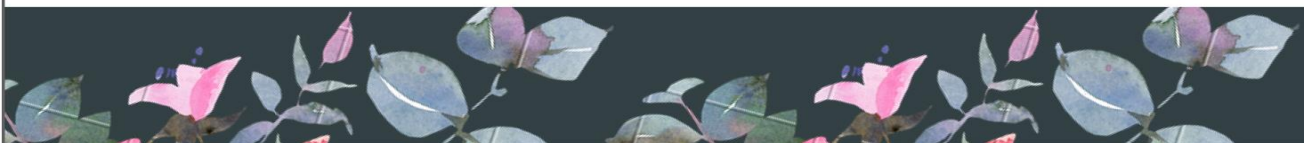
www.linkedin.com/in/reena

www.twitter.com/reenajadhav

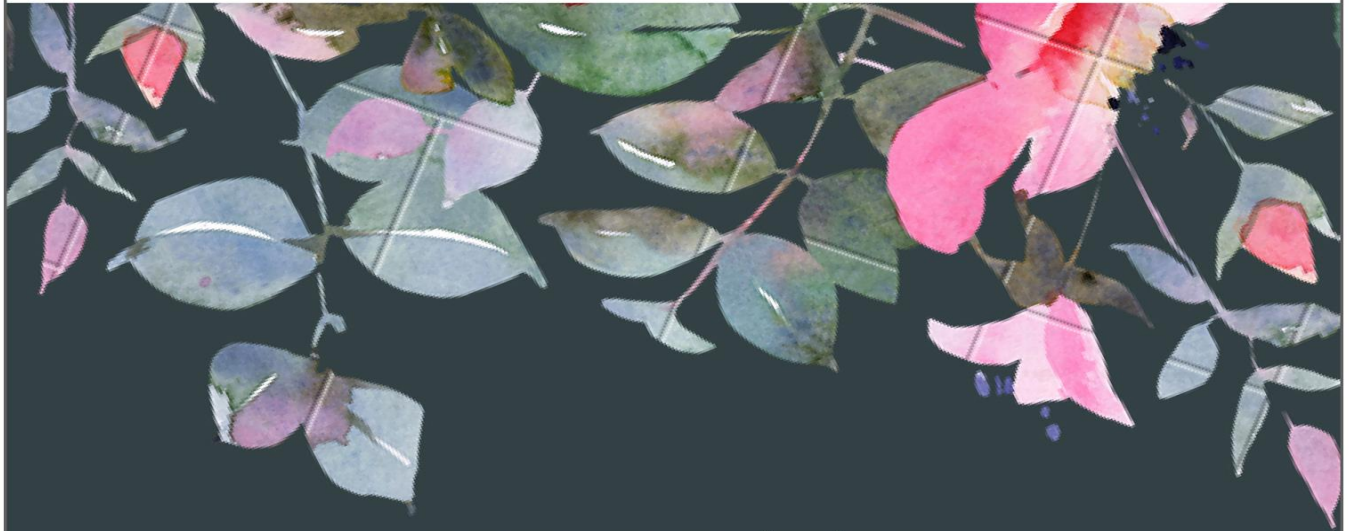
Turn this page and let's get started. Here's to your health!



Reena



I'M READY TO HEAL!



HEALTH Journal

Dedicated to Sujay, Priyanka, Nikita, Mom, Dad & Dr. Tait
You helped me heal with your love.

VOLUME 1

BY REENA A JADHAV

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www.HealthBootcamps.com

This journal is your best friend as you get your health back! It will be with you every moment, listen to you, remind you, bless you, and help you always.

WEEK 1

Notes & Reminders

A large, empty white rectangular box with rounded corners and a thin purple border, intended for notes and reminders.



**If you don't take care of your
body, where are you going to
live?**

WEEK

1

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

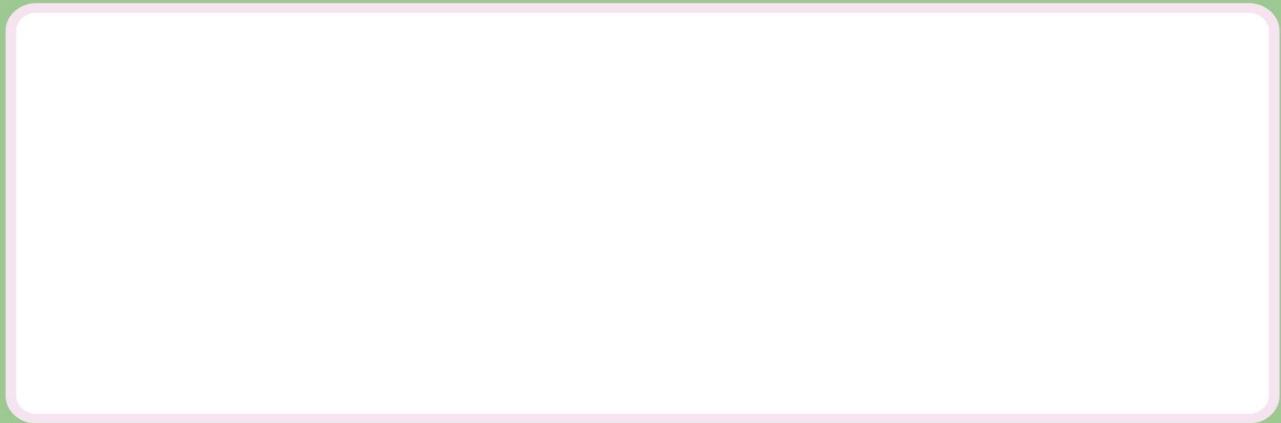
Blank white space for tests and results.

I'M GRATEFUL FOR

Blank white space for gratitude.

WEEK 2

Notes & Reminders



The natural healing force within each of us is the greatest force in getting well.

Hippocrates

WEEK

2

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.

WEEK 3

Notes & Reminders



**EXTEND THE SAME
COMPASSION TO YOURSELF AS
YOU WOULD TO YOUR FRIENDS**

WEEK

3

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests/procedures and results.

I'M GRATEFUL FOR

Blank space for things to be grateful for.

WEEK 4

Notes & Reminders



YOUR BODY WILL BE AROUND A LOT LONGER THAN THAT EXPENSIVE OUTFIT. INVEST IN YOURSELF.

WEEK

4

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

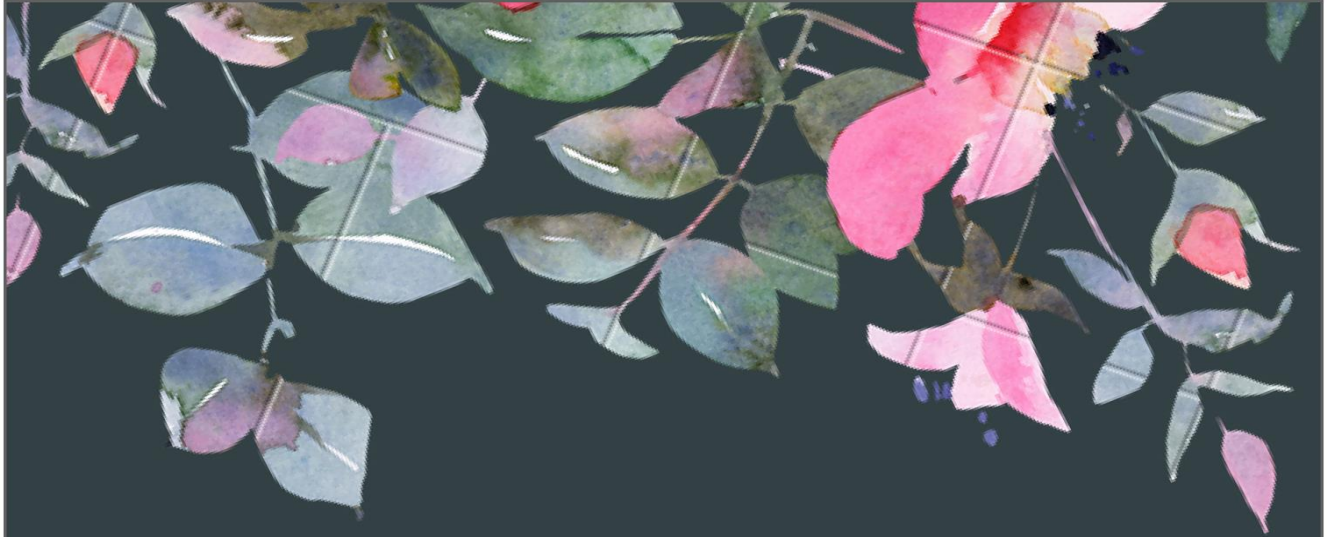
Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and results.

I'M GRATEFUL FOR

Blank space for gratitude.



This Journal is My New Best Friend

• I KEEP IT CLOSE TO ME •
• I WRITE IN IT WEEKLY •

My Perfect Health Awaits!

Reena A Jadhav