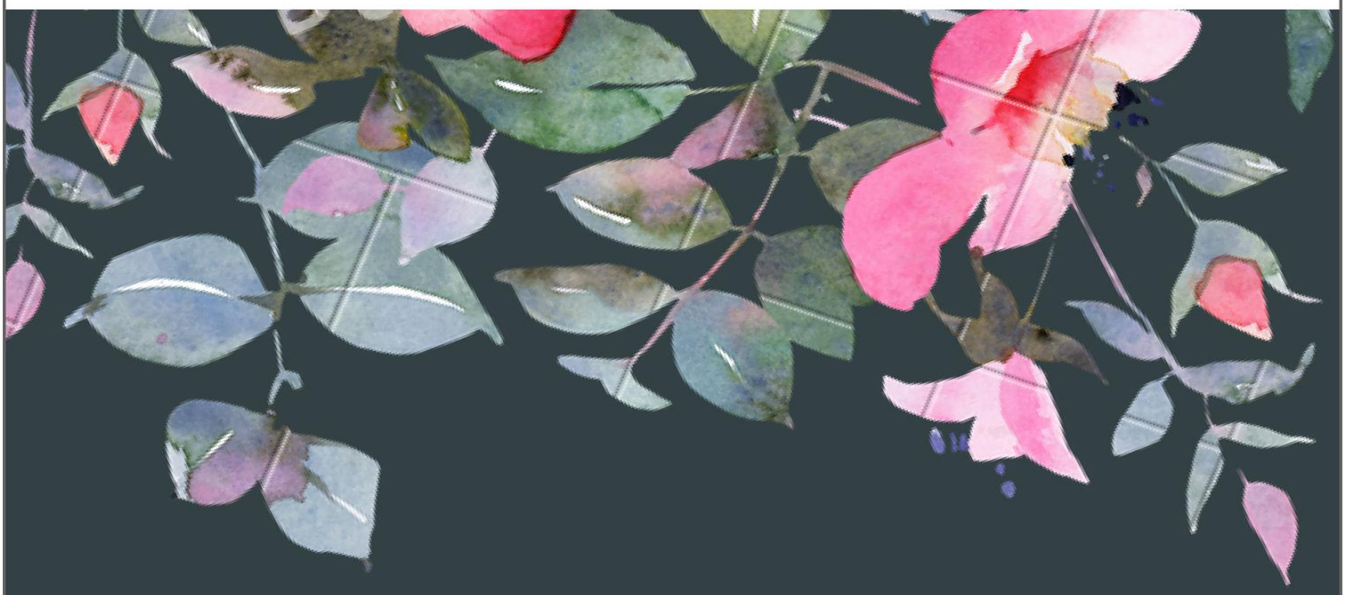
•10 MINUTES A WEEK TO GREATER HEALTH•



The 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!



The 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



WEEK 1 MONDAY

MY MOOD & GOALS

MY SYMPTOMS

WHAT I ADDED

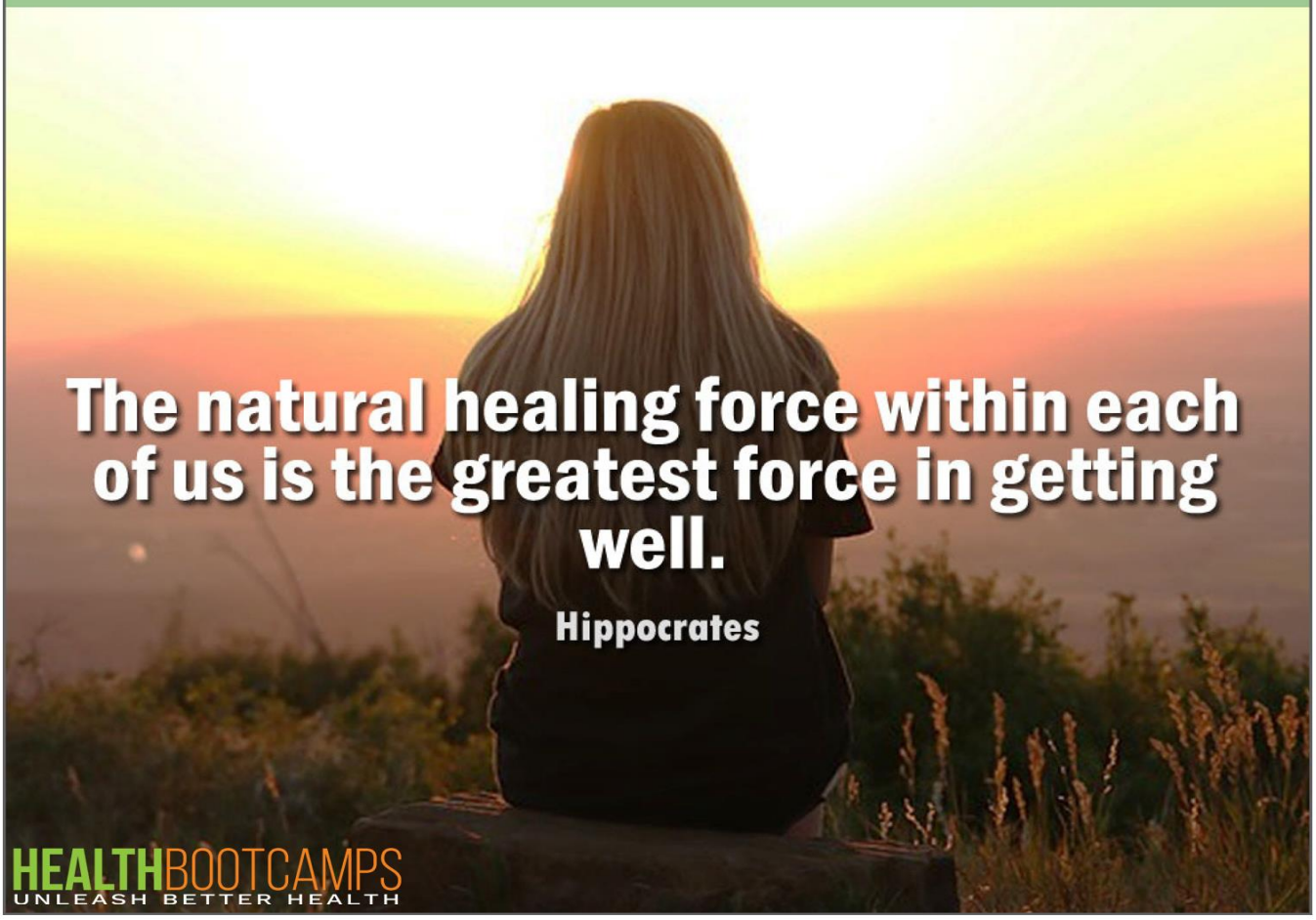
WHAT I REMOVED

TESTS/PROCEDURES DONE, RESULTS

I'M GRATEFUL FOR

WEEK 2

Notes & Reminders



WEEK 2 MONDAY

MY MOOD & GOALS

MY SYMPTOMS

WHAT I ADDED

WHAT I REMOVED

TESTS/PROCEDURES DONE, RESULTS

I'M GRATEFUL FOR

WEEK 3

Notes & Reminders



WEEK 3 MONDAY

MY MOOD & GOALS

MY SYMPTOMS

WHAT I ADDED

WHAT I REMOVED

TESTS/PROCEDURES DONE, RESULTS

I'M GRATEFUL FOR

WEEK 4

Notes & Reminders



WEEK 4 MONDAY

MY MOOD & GOALS

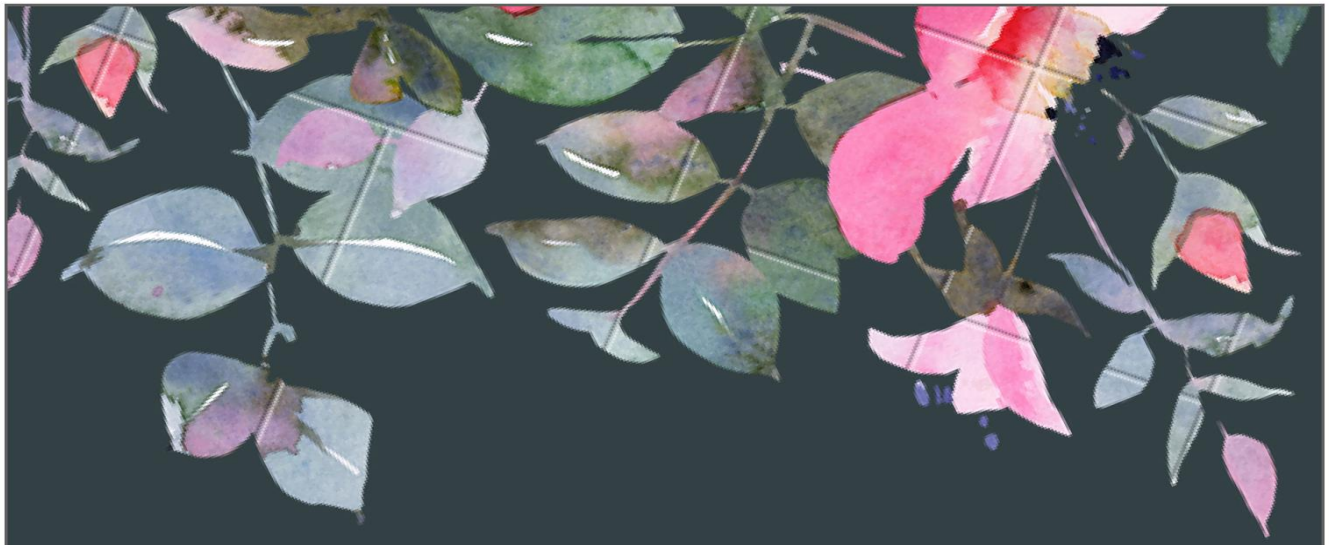
MY SYMPTOMS

WHAT I ADDED

WHAT I REMOVED

TESTS/PROCEDURES DONE, RESULTS

I'M GRATEFUL FOR



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