

Healthy Self, Heal Thy Self: A Complete Health Journal (Paperback)



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Reviews

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(Julia Mohr II)*

HEALTHY SELF, HEAL THY SELF: A COMPLETE HEALTH JOURNAL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Healthy Self, Heal Thy Self Journals are designed for anyone who wants to improve their overall well being, whether it is through weight loss, exercising more often, increasing strength, eating better, staying hydrated, or tracking pain symptoms. The advantages of tracking and journaling your health activities are many. For example, studies show that keeping a food diary aids and supports weight loss, and that written down goals are more likely to be achieved. This guided journal includes: - 90 days of tracking - A space for writing goals - A place to record your start and end statistics - Exercise planning and tracking: Record your exercise for the day including strength training (all major muscle groups, exercise, weight, reps and rest) and cardio activities (including the # of steps, distance, and duration). - Food diary: track 3 meals and 3 snacks - Beverage tracking including water, caffeine and alcohol with spaces to cross off servings as you go. - Daily weight, pulse and blood pressure tracking - Tracking for mental emotional well-being, including sleep, mood, stress level. - Pain tracking with space for intensity level, source, and notes - Reflections: Record the highlights of the day, gratitude, and notes This journal covers everything you need for your healthy self or to track your journey to heal thy self.



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