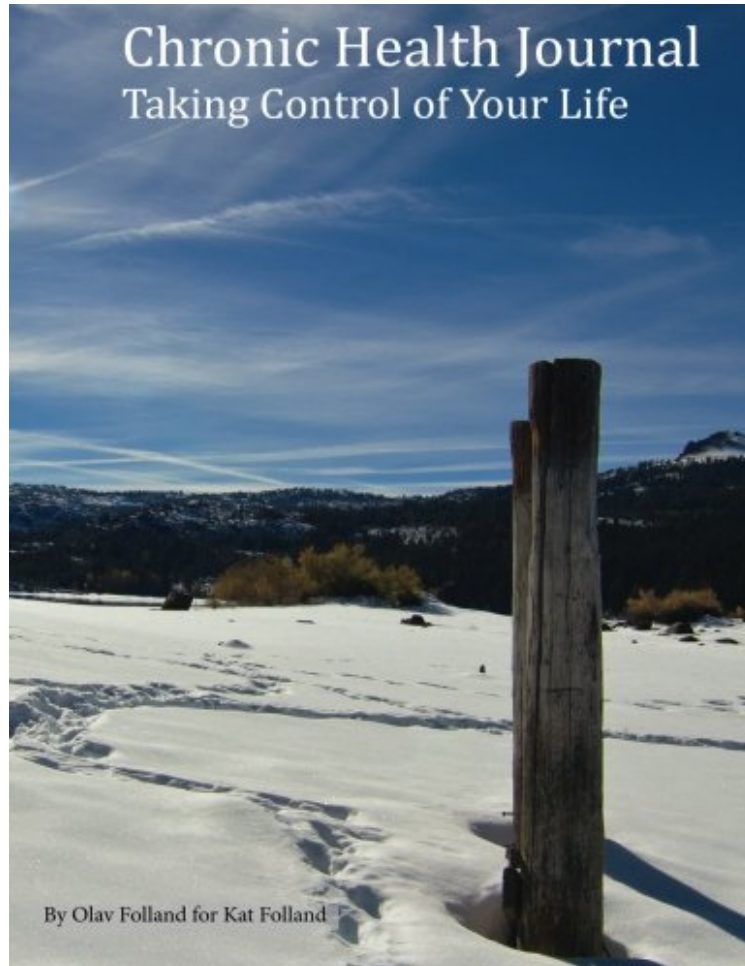


[Free read ebook] Chronic Health Journal: Regaining Control of Your Life

## Chronic Health Journal: Regaining Control of Your Life

*Olav Folland*

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**Olav Folland : Chronic Health Journal: Regaining Control of Your Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Chronic Health Journal: Regaining Control of Your Life:

7 of 7 people found the following review helpful. Exactly what I've been looking for By Rescue Mom I have Fibromyalgia and have been looking for something like this for the last few years. I've been using the free version for the last couple weeks and I've been eagerly awaiting the bound version. This journal covers six months of daily notes and every seven days there's an additional notes page. It's 8.5" x 11" x 1/2" and fits in my handbag so I'll be able to carry it around with me and take it to my doctor appointments. The paper is of a good quality and the binding is very tight and doesn't seem as if it'll fall apart with daily use. It's a soft cover which is another plus for being able to fit in a handbag or rolling up to carry with you. I've already noticed some trends that somehow I've missed before, but then again, I wasn't tracking a lot of the different things that I'm able to easily track now. This allows you to track quality of sleep, food, pain, fatigue, mental fog, any as-needed meds, your to-do list and how much of it you got done, weather,

any exercise that you've done, therapies that were prescribed by your doctor, and comments about your day. The beginning of the book gives you space to list your doctors (primary and specialists), insurance information, emergency contacts, allergies, medications that you take on a schedule, etc. I believe that this is going to help me and my health care providers with my treatment. I know that it's going to help me pinpoint things that make my days better or worse. All in all I'd say if you suffer from a chronic illness this journal can definitely be helpful. The price is nominal for the quality of the book and the information you're able to track. 5 of 5 people found the following review helpful. A Good Resource

By Gregory E Smitman This one is a replacement for one I completed. Much cheaper than printing your own. I find I like the once or twice daily ritual of writing down info on observable health parameters. I have fibro and it works well for that, and lets me track the foods and sleep patterns to see how diet changes affect my fatigue, pain and fog levels. Also, as a cardiac patient, it allows me to see how different foods and exercises affect my stamina and well being over time. Well worth the cost and time spent jotting down various info required. Four stars because we all have opinions of what to include in a health journal. In my case I added a checklist for routine Rx's.

0 of 0 people found the following review helpful. ... doing so that my doctor and I can talk intelligently about how I'm doing and what might need to ...

By Debbi DI have a chronic illness and this book has fit perfectly for me to keep track and record how I'm doing so that my doctor and I can talk intelligently about how I'm doing and what might need to be adjusted in my care. I used to keep track in a blank journal where I had to draw my own lines and had been tracking almost the exact same info. This is much easier. I'm on my second Chronic Health Journal now. I'm thankful that Olav created this. I just wish I had thought to do it myself. :)

This daily journal was created as a means to help people with chronic health issues to track their day-to-day health, pain, and many of the key factors that can affect them. It is structured to help both the patient and their health-care providers spot triggers, trends, and other factors that can affect the patient's ongoing quality of life. For free sample pages, see <http://www.follandfamily.com/chronic-health-journal/>