



HEALTHMINDER Personal Wellness Journal (a.k.a MemoryMinder Personal Health Journal) Health Diary and Symptoms Log

F. E. Wilkins

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The HEALTHMINDER Personal Wellness Journal has been published for the past 16 years under the title MEMORYMINDER Personal Health Journal. HealthMinder is simply a new, more descriptive title for this excellent, checklist-style health diary. For conditions or concerns of virtually any kind, the HealthMinder is an easy way to keep track of everything including medications, vitamins, vital signs, pain and other symptoms, sleep habits, daily exercise, meals, and much more. Even the weather and pollen counts can be logged. As part of the easy-to-use daily format, two human body outlines make it simple to mark areas of pain, rashes, etc. Each day consists of a 2-page spread and the spiral binding makes it convenient for writing. Records will be more organized and accurate; patterns may be discovered, progress can be observed. The pages are not pre-dated so it can be used every day or whenever needed. Doctors, patients, health enthusiasts, caregivers, students, and others rave about the HealthMinder. This journal can, indeed, be a lifesaver!

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