

# **HEALTH DIARY**

The image shows a vertical health diary page with a central spiral binding. The left half is titled "WEEKLY HEALTH DIARY" and the right half is titled "DAILY HEALTH DIARY". Both sections are designed with a pink and white color scheme. The weekly diary includes a "SYMPTOMS" section with a grid for tracking symptoms over seven days, a "BEDTIME" section with a grid for tracking sleep quality, and a "MEDICATION/TREATMENT" section with a grid for tracking daily treatments. The daily diary includes a "BEDTIME" section with a grid for tracking sleep quality, a "POSSIBLE TRIGGERS" section for noting environmental factors, and a "MEDICATION/TREATMENT" section for tracking daily treatments. All sections use a grid of pink and white circles for marking off completed entries.

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# The Health Diary Vol II

**Christian Drosten**

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