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Wellness Journal



**Instructions:** Maintain your wellness journal to record your Fitness workouts (e.g., time to complete run/walk/bicycle ride, weight training reps, heart rate, weather conditions, etc.), Lifestyle changes (e.g., cigarettes per day), Nutrition & Weight Control measures (e.g., dietary intake, weight, etc.)

This is your wellness journal. It is provided to help you keep track of your progress.

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**Sponsored by the U.S. Office of the Surgeon General, the U.S. Army Center for Health Promotion and Preventive Medicine, the Army Reserve National Guard, and the Army Reserve.**

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