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Disclaimers: This journal is not intended to replace individual medical advice. Please consult the appropriate licensed healthcare providers before making changes to your health routine.

Getting Started

Welcome, and thank you for making us a part of your health journey. We hope that this premium journal helps you to embrace all dimensions of wellness. Inside you will find tools to help you care for yourself physically, psychologically, socially, and spiritually. There are also spaces to track and organize your goals in every category, as well as make to do lists and for miscellaneous notes in the back.

If you aren't thriving in every area at the beginning, that's ok. Building new habits takes time. Changes that stick are often the small ones that we make intentionally over time. Here are a few tips to get started and get the most out of your journal:

Week 1-2

It's best not to worry about making changes for the first week. Remember, using the journal itself is a change in your routine. Choose the times of day that you will consistently use your journal (it only helps if you actually use it!). Most people find 5-10 minutes in the morning, and 5-10 minutes in the evening work best. Take a week and just record your "normal" to get an honest picture of yourself.

Week 2 or 3

Now that you've gotten in the flow of things, try to set one realistic goal for the week. If you struggled to be consistent last week, your goal might even still be just to faithfully use your planner. Good goals are SMART. Specific, Measurable, Attainable, Realistic, and have a Time frame. Making one small change at a time and being consistent before you add more change increases the likelihood you will stick with it. Remember to strive for progress, not perfection.

Journal Contents**Title Page****Each Week Will Contain:**

- 7 Daily Trackers
- 7 Symptom Trackers
- 1 Sabbath Tracker
- 1 Sermon Notes
- 1 Weekly Tracker
- 1 Trigger Trends Tracker

Followed By:


- 2 Monthly Check Ins
- 2 Monthly Goals


Back Of The Journal


- 6 Lined To Do Lists
- 8 Blank Notes
- 4 Monthly Calendars



Pro-Tip: Magnetic book marks can mark your day & week page at the same time.


Icon Legend


 Rate your overall energy from 0-10 by coloring in the battery. 0 is no energy, and 10 is feeling fully energized for the day.


 Shade the areas that are hurting on the front and back of the person. For more info on how to do a body scan, see the appendix.


 Circle the words that describe how you're feeling, or add your own.


  Shade in the crosses for people you confessed something to today.


 Shade in the hands for categories you prayed for today. For yourself, your spouse, your kids, your other family, your friends, your work, your clients or customers, for your health, your to do list, workers for the harvest, lost people to know Jesus, your enemies, the leaders who oversee you and the world, and for your church. Need bonus space? you can shade the hands above pray for a category unique to your prayer life.


 Shade in the note when you sing a song in worship.


 Shade in the plate when you say grace and thank God for your food.


 Shade in the bibles for categories you read today. (By yourself, with your spouse, studied with a group/learned from another person, or if you took notes)


 When we choose to breathe, be still and listen for God, we image our creator. God says "I AM" so it's ok for you to just "Be still" Psalm 46:10. Start small, by trying for 5 minutes.


 How many hours of sleep are you getting a night? Sleep is vital for brain function, coping with pain, emotion processing and energy. Adults need 7+ hours per night. Teens are recommended to get 9-10 hours per night.


 Shade in the tooth when you brush your teeth for the day, morning and night. Jesus says what comes out of the mouth is what defiles a person (Mark 7:15). He may not have meant bad breath, but it's best to be safe.


 Shade in the floss container when you floss your teeth for the day.

 Shade in the water droplets for each 8oz 8ounces of water you drink in a day.


 Shade in the additional drink bottles to represent electrolyte water, energy drinks, soft drinks, coffee or whatever else you drink that you might want to track.

 Shade in the servings of fruits or vegetables that you eat each day. Most dieticians recommend at least 3-5 servings per day of each.

 Color in the sunshine for every 15 minutes of outdoor time, or time in the sunshine that you get each day.

 A checkbox for your daily vitamin.

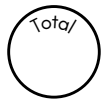
 A place to monitor your step count.

 Want to track something that is a secret? This ... is for you to fill in the blank, use it for whatever else you'd like to track on your list of daily activities.

Icon Legend

10

Color in a clock for every 10 minutes you needed to take a break during the day. If you need more than an hour that's ok, there's a clock where you can fill in the blank. There are two sets of clocks, one for breaks needed due to fatigue, and another for breaks needed due to pain.



A space to add up the total time that you needed to rest during the day.



Sometimes chronic illness can make your social life challenging.

Celebrate the victories by shading in a bubble when you were able to do something social. That can mean meeting a friend for coffee, or even just calling someone on the phone.



Social



Shade in a heart for every 20 minutes of cardiovascular exercise you do. Walk, bike, swim, or dance your way to success. Most countries recommend 150 minutes of moderate intensity activity every week.



Cardio



Shade a stretch box for each day that you stretch.



Shade a hexagon box for each day you do some kind of strength exercise.



Shade a lightning bolt every time you exercise your nerves. Don't know how? Check out the appendix links.



Shade a triangle each day you work on your balance.



Shade in the brain when you do a puzzle or other cognitive workout.



Shade in the poop pile for each bowel movement. If you go more than once a day, just add a little 2 next to it for the day.



Shade a number for each memory verse you learned.

Daily Trackers Overview

Start with dating your page and following the Lord's prayer. Jesus expresses gratitude to God in acknowledging that He is holy. Take some time to be thankful for things big and small. Submit your praises to heaven for what God has given, created, and is. What are you thankful for?

Next Jesus moves into asking God's will be done. Ask yourself about your to do list, "What is God's will for my life today?" Then choose a main goal for the day, and what you're most excited for.

Afterwards Jesus asks that God will meet our daily needs. Next, check in with your body. Rate your energy level, do a body scan for pain, and search your heart to identify your emotions. This will help you assess what your body and your heart need so you can bring it to Jesus in prayer.

The body and soul trackers are designed with icons you can shade in as you complete them for easy tracking. The first part of your tracking is confession. The next step in the Lord's prayer is where we are to ask that our sins are forgiven, and forgive those who sin against us. Praying for your enemies is one of the prayer categories to be shaded in. The prayer categories are to encourage you to invite God to lead you in all aspects of your life. They also fulfill scriptural recommendations to pray for certain things, like more workers for the harvest, and the leaders who oversee us.

Next it's time to listen, to God's voice and read the word. This can be on your own, with your spouse, studying by listening to a sermon or reading a faith based book, or taking your own notes. You may also want to take some time to just breathe and be still and listen for God's voice.

Lastly, check in at the end of your day to give praise for your best experiences, how you've been able to make a positive impact and the lessons learned. Choose something affirming that you need to be reminded of and encouraged in. End the day with what you're looking forward to, in expectant hope for what God will provide tomorrow.

The Lord's Prayer

Our father who art in heaven, Hallowed be thy name.

Thy Kingdom come, Thy will be done on earth as it is in heaven.

Give us this day our daily bread, and forgive us our debts as we forgive our debtors.

And lead us not into temptation, but deliver us from evil.

For Thine is the kingdom, and the power and the glory forever and ever, Amen

Symptom Tracker Overview

Start out by listing the areas of pain from your body scan, feel free to describe the pain on that line, and write details about how it feels, or if it's constant or intermittent. You can use the 0-10 scale to rate the range of intensity of the pain. If committing to one number is hard, feel free to write 4-7 if you prefer. Keep in mind though that for some people focusing on their pain isn't always helpful. It's ok if you want to skip this part, or any other section of the journal that doesn't work for you.

Next rate your fatigue level in the different categories from 0-10 with 0 being no fatigue, and 10 being total exhaustion. You may find you struggle more with some kinds of fatigue than others. There are morning and evening options if it fluctuates during the day. Similar to the pain tracker, you can also choose to put a range of fatigue if you prefer.

The clock icons can be shaded in for the amount of time you needed to take breaks during the day due to pain and due to fatigue, so you can see what is limiting you. At the end of the day, you can total up the amount of break time you needed in the middle circle.

The trigger tracker provides space to write things down and look for patterns with your symptoms. Perhaps the weather or allergen level is affecting you. Maybe it's something you ate, or the pain comes on after doing laundry. Emotional stress can trigger you too. These spaces help you to see over time which factors are consistently flaring up your symptoms.

There's even a symptom list for you to check off things you experience during the day and blank lines to write in your own options. Afterall, not all symptoms have to do with pain.

Sabbath Overview

The importance of rest is often forgotten in a world that glorifies busyness. Fear of missing out or falling behind leaves many people feeling exhausted. True sabbath rest is more than the absence of working our typical daily jobs. It requires us to take time to listen to God's words about rest; then apply them intentionally and consistently.

Immediately before God Himself takes the seventh day to rest, declaring it holy, He takes time to recognize the good work that He has done. This may help you come into a space of feeling that you already have accomplished good things, rather than anxiously focusing on the work left to be done.

Intentionally consider what you need to rest from. It may be more than just your job. In Deuteronomy 5:15, God reminds the Israelites of how He freed them from slavery in Egypt. Consider what you need to ask God to free you from today.

How can you intentionally take rest? Target your rest activities to the things you need freedom from. For example, even though exercise is moving and doing something, it can be freeing for a person working a sedentary job. It can also be freeing from anxiety and depression by releasing endorphins (positive brain chemicals). Rest is sometimes, but not always laying still and doing nothing.

Prioritize your greatest needs. This can help provide a snapshot for you look for trends in your life of areas you may be overextended on a regular basis.

How is God sanctifying you in your rest? We rest, because God also rests. He is holy and when we observe his ways, we strive to be like Him. Consider how God is using rest in your life to make you holy, like He is holy. How does resting today either reflect his image, or draw you closer to Him by necessitating your dependence on Him?

Final Thoughts: Deuteronomy 5:12-15

As you consider how best to sabbath, do not forget that God also desires to give this rest to everyone else including children, servants, animals and foreigners. While it may be tempting to ask someone else to serve you while you rest, consider if what you are asking of them is actually to work. Sabbathng well may require some intentional preparation on your part. Consider if you need to do anything to prepare to sabbath the day before and add it to your to do list to remind you on that day next week.

Sermon Notes Overview

Date: Write the date of the sermon in case you want to go back and reference it later.

Speaker: Write down the name of the person preaching today.

Impactful Songs: Most worship leaders choose the songs they play with the intent that they prepare your heart to hear the sermon that will follow. Sometimes the words of the music echo in our minds long after we've forgotten the sermons we've heard. Which songs from the service were impactful to you today?

Scripture Verses: What were the readings from church today? What passage(s) does the sermon focus on? Write them in the box.

Sermon Title: Write the sermon title on the blue ribbon.

Sermon Notes: A space to write yourself reminders of the pastor's words from the message, or your own thoughts that come up as the Holy Spirit moves in you while the pastor speaks.

Questions: A space for either questions the pastor asks you to consider, questions God asks in the text, or your own questions that arise as you listen.

Main points: What were the pastor's main points from the text? If you had to sum up the whole text in one sentence, what would it be?

Personal application: How do you need to apply this in your life personally this week? Avoid the temptation to think of how it was only a good sermon for someone else you know. James 2:14-26 reminds us that our faith should move us to action. Make a plan for how you will personally grow and apply the scriptures from the message in your life.

Weekly Trackers Overview

Start by choosing a memory verse at the beginning of the week. As you fill out the weekly review table at the end of each day throughout the week, read the memory verse whenever you visit this page. This will help you to write scripture on your heart.

It's a good habit to look for God in your week. He's often there and we aren't paying attention. This space gives you a reminder to look for Him.

Next your activity tracker is set up categorically with icons you can shade in as you accomplish them. Social interaction, cardiovascular exercise minutes, stretching, strength training, balance, and nerve exercises are all part of a healthy lifestyle. Don't forget your brain also needs engagement to stay healthy. Even the digestive track needs to exercise by emptying itself out too. You can set a goal for the week for each category on the line provided. Work with your healthcare team to help decide what the right goals are for you.

If you have other weekly habits you'd like to start like painting, playing the piano or learning Spanish, the blank habit tracker is customizable for your personal goals.

The weekly review table lets you check your averages for all of the daily self care items and set goals. Keep in mind that you may want to record your steps by the thousand and just write "7.8" for 7,800 due to limited space.

Take some time at the end of the week to consider how you want to improve next week. There isn't much space on purpose, choosing one goal at a time makes you more likely to be able to make the change and stick with it.

Weekly Trends Overview

Sometimes the symptoms can seem overwhelming and it's hard to know where to start. Take a look at your general trends for the week in each category that you are tracking, pain, fatigue, triggers, and symptoms.

Next decide which symptoms you most want to improve. Then narrow it down to one you want to focus on. There are a couple of ways to do this. Consider: 1.) What would give you the biggest improvement in your quality of life? or 2.) What would be the easiest one to improve? While the first option will have bigger impact, the second option may be better for early changes, or if you know you have a challenging week coming up when change will be hard. Little changes still add up over time.

Follow the steps to come up with a game plan for how to address that pain, fatigue, or symptom. Identify how you can change to improve it and why it matters to you. Consider any potential barriers that might keep you from changing and how to address them. Make your plan and put it into action!

Monthly Check Overview

If you want a big picture view, these trackers can help. Use the table to track how often a mood, pain, or symptom occurred over the month. For example, if you want to track anxiety, write it in the top column header. Then place a dot in the table for each day that you circled anxious on your mood tracker, or wrote anxiety down as a symptom in your daily chart.

Everyone is bound to have an off week. This is especially true of people who struggle with chronic illness. Use the activity log chart to see how you averaged out for the month. Sometime this can help you see you are actually making progress, even if you had an off week.

For your personal habit goals, fill in the wheel using the dot system to chart how you did for the month.

Moving to the next page, check in on how you're doing in the different dimensions of your life. This can help you see if one slice of the pie is out of balance from the rest. There's some space for notes about ideas you have for how you'd like to grow.

Take some time to celebrate the victories with the month's biggest wins. We often rush from one day and one week to the next. Sometimes that means we miss just how many great things God is doing in our lives. What lessons did you learn this month?

If you have some unfinished business, there is some space to reflect on why you had a hard time getting some of the things done you wanted to. Check in to think about why, and make your plan for how you want to improve next month.

Monthly Goals Overview

The Monthly Goal lists are separated by category to help you organize your goals for the different dimensions of your life to keep you in balance. There are spaces for spiritual, marriage/romantic relationship, health and fitness, home/housework, friends and family, career, finance, personal growth, recreation/fun time, and miscellaneous goals.

The bullet boxes next to the goals can be used to check them off as you finish them. There is also a column you can use to set a goal completion date. If setting dates isn't your style, you can use this column to set a priority level for the goal instead.

Pro tips: If it helps you to put a big list of goals on paper then narrow it down to choose a goal for the month, there are bigger to do list sheets in the next section.

Extras Overview

Towards the back of the journal you'll find 6 pages of bulleted to do lists, blank pages for notes, and a few monthly calendars to keep track of important dates.

To Do Lists

The to do lists are set up in columns with bullets that can be used as checkmark boxes. They've been designed so that you can use them several ways:

- 1.) A rolling to do list to get it all out on paper. You can organize it later if you want.
- 2.) Dedicate a column to goals for each of the 10 categories on the monthly goals list. (There will be 2 extra columns with this method)
- 3.) There are a total of 12 columns, so you could allocate one column to your weekly list for each week of your journal.
- 4.) Get creative. Use the list space for something else of your choice like your weekly grocery list.

Notes

These pages are blank for you to doodle or write notes on whatever you please.

Monthly Calendars

The undated calendar pages can be filled in for whichever month you start your journal. There are 4 pages in the event you choose to start the journal in the middle of a month.

Appendix

If you're new to any of the healthy activities in this journal, links to helpful information can be found below.

Body Scans:



Nerve Exercise:



Health recommendations are obtained from international and national health organizations. Please consult the appropriate governing bodies for updates to health recommendations as more research is done and new scientific information becomes available.

Ally Total Physical Therapy also maintains a blog which provides health information to the public. If you are interested in chronic pain specific healthcare content, scan the QR code below or visit <https://www.allytotalpt.com/blog> and click on the chronic pain section.

