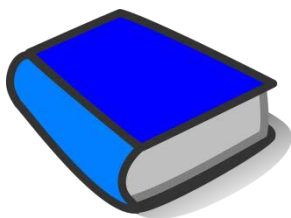


Here are some ways to use your blue journal:

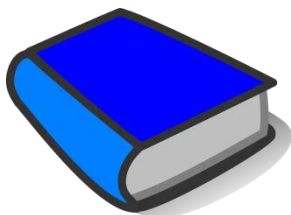


- ✓ List your doctors names, phone number, fax numbers, addresses
- ✓ List questions that would like to ask your MD/RN and Health care team at your next appointment
- ✓ List your medications, names and dosages
- ✓ List your allergies
- ✓ List the names of your chemo drugs for reference
- ✓ Track your weight, BP, blood sugar
- ✓ Track your blood test results
- ✓ Make a list of the nice things that people have done for you since your diagnosis
- ✓ Write some uplifting quotes or spiritual passages to read as your daily mantra
- ✓ List your daily chemo experiences i.e. Chemo day 1.... Chemo day 2....
- ✓ And of course a special place to journal your thoughts, feelings and experiences



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