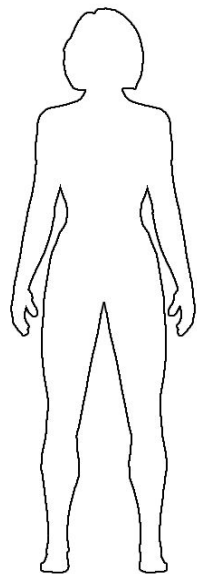


Weekly Wellness Monitoring		Week of:	
Monday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Tuesday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Wednesday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Thursday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Friday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Saturday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Sunday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM

Mark painful areas:

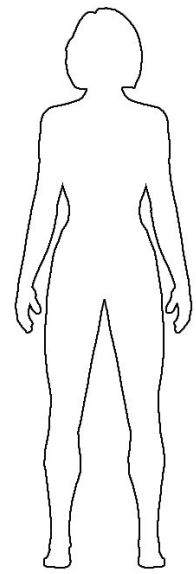


Things to discuss with my doctor:

Doctors / Hospital Appointments:

Weekly Wellness Monitoring		Week of:	
Monday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Tuesday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Wednesday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Thursday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Friday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Saturday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM
Sunday	😊😊😊😊😊	🧴	AM
	😊😊😊😊😊		PM

Mark painful areas:



Things to discuss with my doctor:

Doctors / Hospital Appointments: