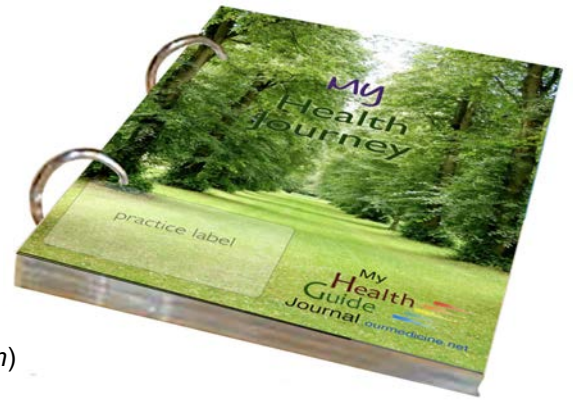


- Journal Packs are provided in 2-hole punched loose leaf for assembly during consultations
- Journals all designed to be brought back for review by patient/client
- Each client/patient has My Health Journey folder with Meeting Record and goal-setting forms; of these
 - 6 have general pack with Diary;
 - 4 have one of 4 specialist Journals and Diaries
- All Diaries cover 4 weeks



Journal Starter Pack (for 10 patients/clients)

- 10 x My Health Journey Covers
- 10 x Backing Boards
- 20 x clip rings
- 10 x Meeting Records (notes taken at the consultation with carbon copies for practitioner retention)
- 10 x My Goals (for patient/client completion at home)
- 6 x General Diaries
- 1 x Sleep Journal
- 1 x Good Eating Journal
- 1 x Stress Management Journal
- 1 x Lifting Energy Journal

Cost **£25.00** Early Adopter discount price guaranteed for 12 months **£22!**



Specific Journal Pack (for 10 patients/clients)

- 10 x My Health Journey Covers
- 10 x Backing Boards
- 20 x clip rings
- 10 x Meeting Records
- 10 x My Goals
- 10 x Specialist Journal (any mix of 4 journals above)

Cost **£30.00** Early Adopter discount price guaranteed for 12 months: **£26!**

5 Packs (for 50 patients/clients) £105

General Pack (for 10 patients/clients)

- 10 x My Health Journey Covers
- 10 x Backing Boards
- 20 x clip rings
- 10 x Meeting Records
- 10 x My Goals
- 10 x General Diaries



Cost **£20.00** Early Adopter discount price guaranteed for 12 months **£15!**

5 Packs (for 50 patients/clients) £70

Combination Deal (for 100 patients/clients)

- 5 Specific Journal Packs
- 5 General Packs

Cost **£150.00** Early Adopter discount price guaranteed for 12 months **£130!**