

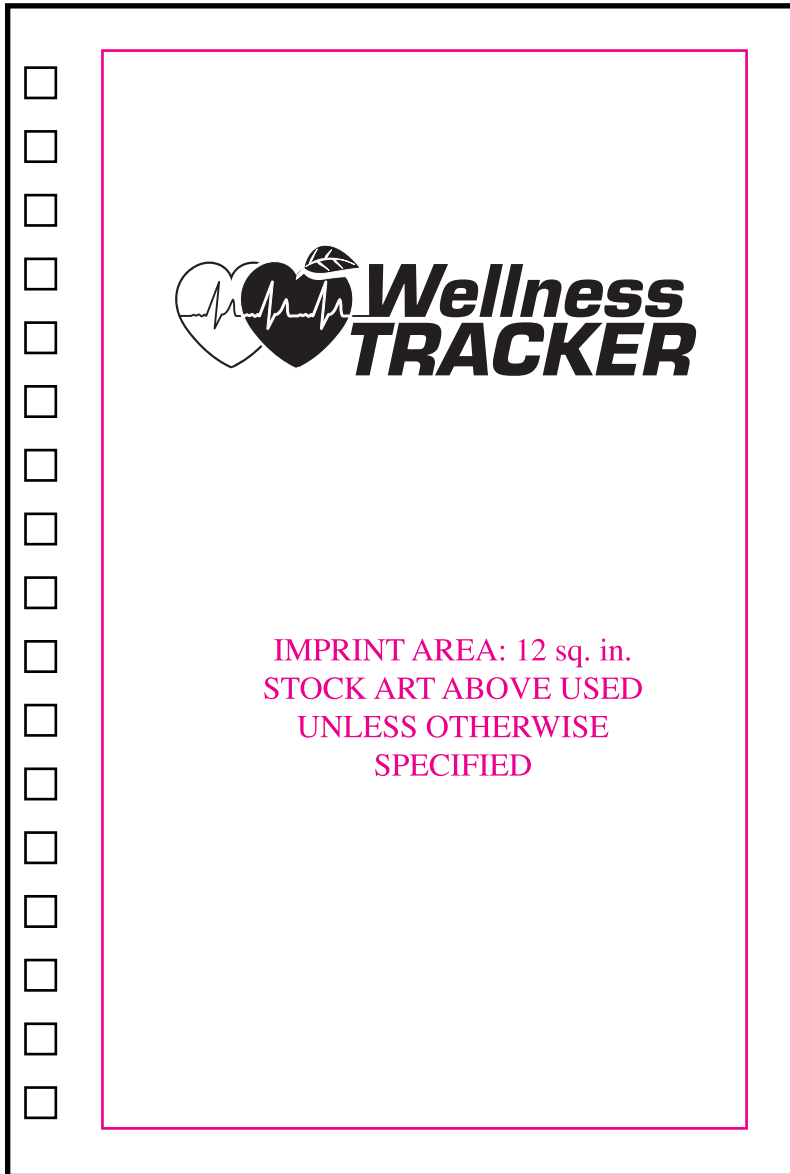
Product: WELLNESS JOURNAL
Item Number: JJ2N-PS
Size: 4-1/8 x 6-1/8
of Sheets: 100
Binding: Wire-O
Quantity:



Outside Front Cover

Foil Color(s):

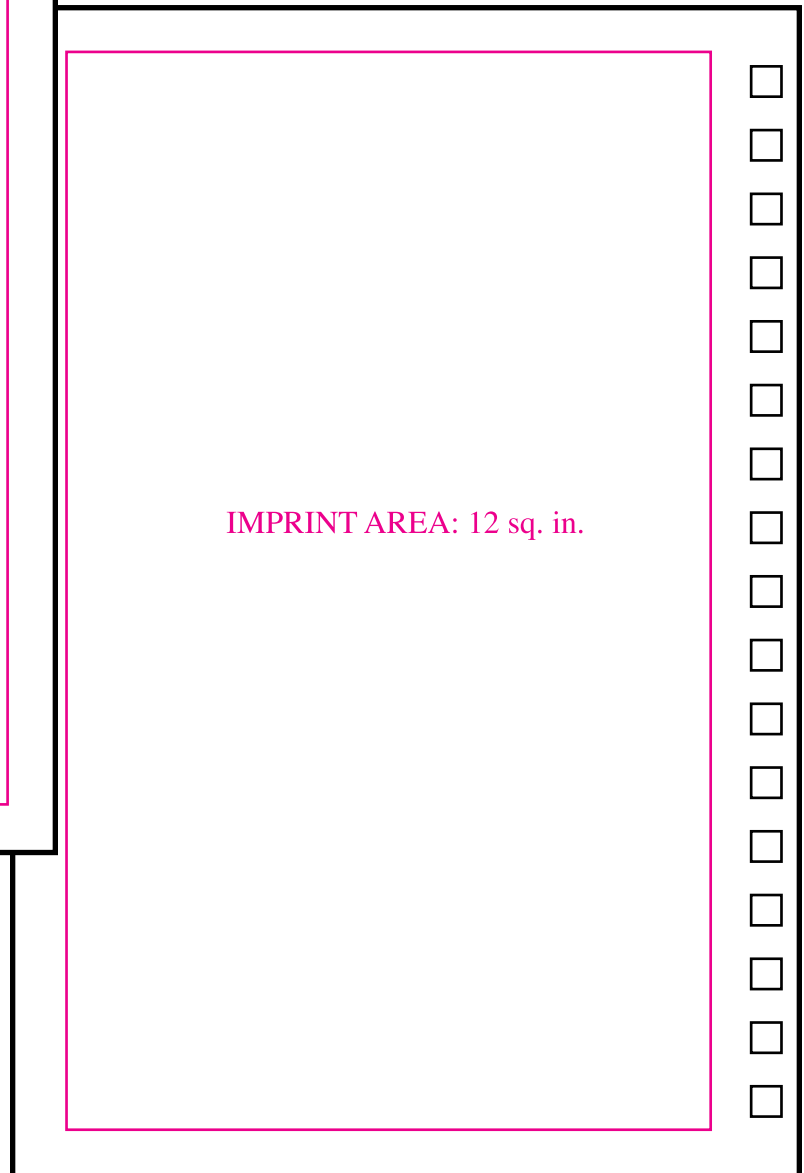
Cover Color:



OUTSIDE FRONT COVER

Inside Front Cover

Foil Color(s):




INSIDE FRONT COVER

Product: WELLNESS JOURNAL
Item Number: JJ2N-PS
Size: 4-1/8 x 6-1/8

Inside Sheets

Ink color(s): Black

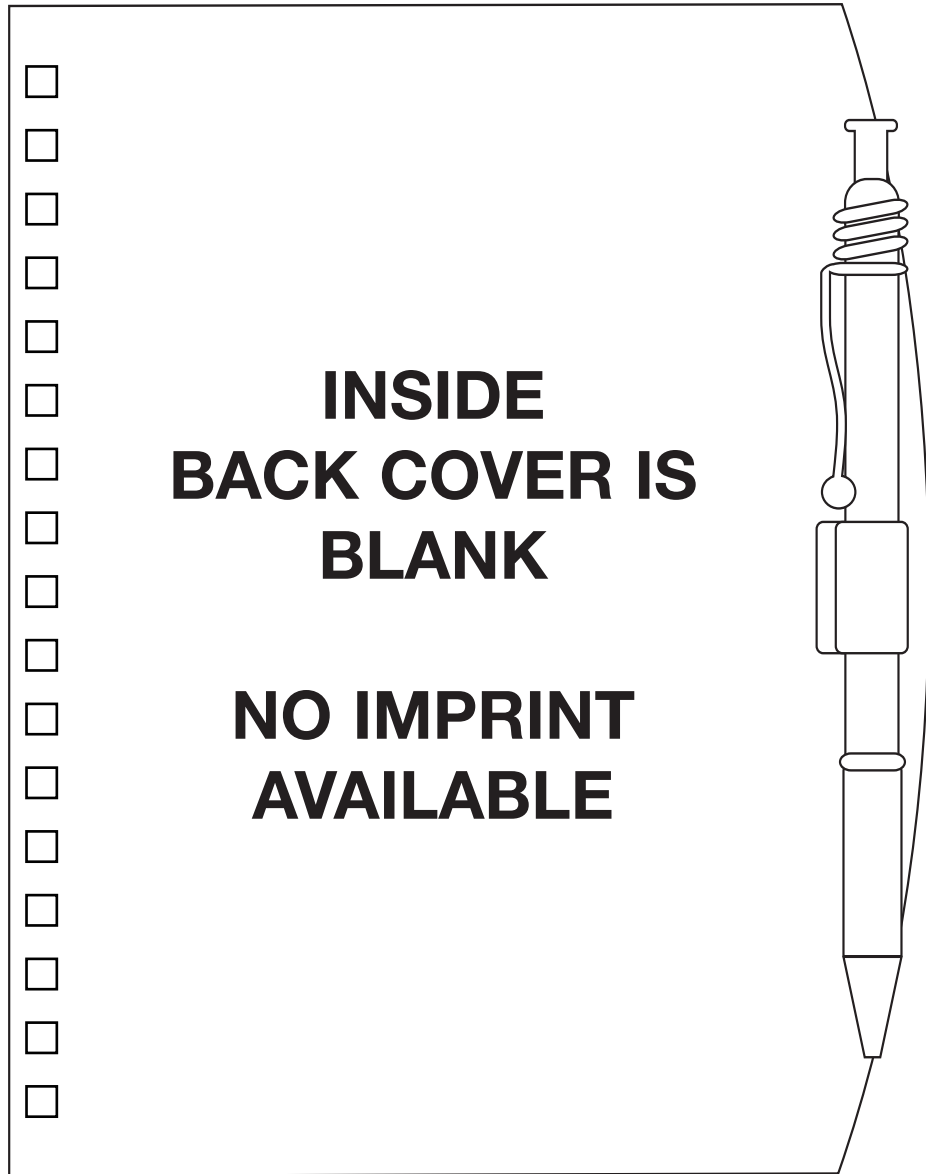
<input type="checkbox"/>	Week #	Date: / /				
<input type="checkbox"/>		Calories	Fat: Grams	Carb Grams	Protein Grams	Fiber Grams
<input type="checkbox"/>	<i>Breakfast</i>					
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>	<i>Breakfast Subtotal:</i>					
<input type="checkbox"/>	<i>Snack</i>					
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>	<i>Snack Subtotal:</i>					
<input type="checkbox"/>	<i>Lunch</i>					
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>	<i>Lunch Subtotal:</i>					
<input type="checkbox"/>	<i>Dinner</i>					
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>	<i>Dinner Subtotal:</i>					
<input type="checkbox"/>	<i>Snack</i>					
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>	<i>Snack Subtotal:</i>					
<input type="checkbox"/>	<i>Today's Totals:</i>					
<input type="checkbox"/>	<i>Check-Off</i>	<input checked="" type="checkbox"/>	<i>8 oz. Water (8)</i>	<i>Fruits / Veggies (5)</i>	<i>Milk (2-4)</i>	
<input type="checkbox"/>	<i>Servings</i>		□□□□□□□□	□□□□□	□□□□	
<input type="checkbox"/>						

INSIDE SHEETS - FRONTS

Product: WELLNESS JOURNAL
Item Number: JJ2N-PS
Size: 4-1/8 x 6-1/8

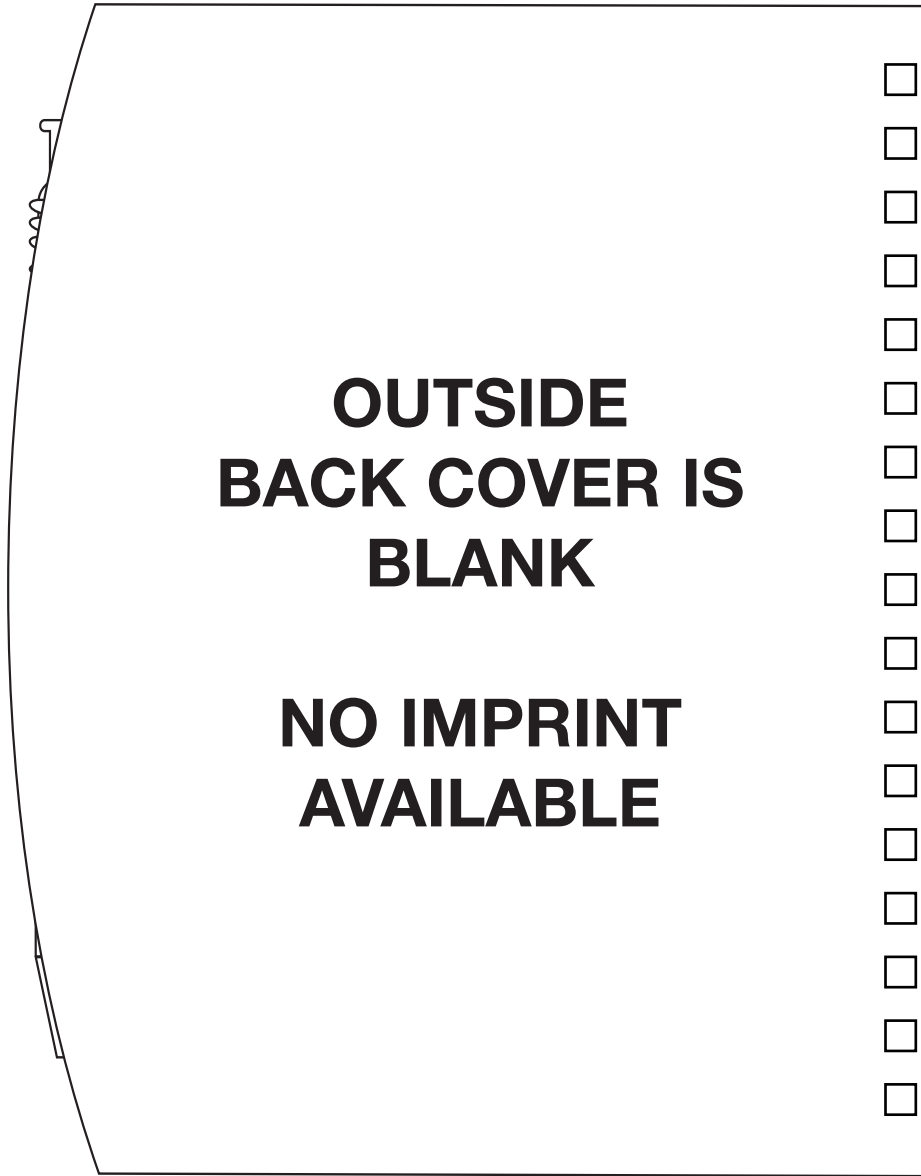
Inside Back Cover

Pen Color(s):



INSIDE BACK COVER

Product: WELLNESS JOURNAL
Item Number: JJ2N-PS
Size: 4-1/8 x 6-1/8



OUTSIDE BACK COVER