

# Health Journal

 American  
Lung Association.<sup>®</sup>  
Patient & Caregiver Network

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**January**

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<input type="checkbox"/>						
<input type="checkbox"/>						

**New beginnings can happen anytime.**

**Write down your worries  
and clear your mind.**



# January

## Wellness Tracker

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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# Symptom Tracker



Date:

Where was I when my symptoms got worse?



Home



Work



School



Outdoors

When did my symptoms get worse?



Morning



Afternoon



Evening



Night

Other:

What was around me or what was I doing when my symptoms got worse?



Smoke



Pets



Pests



Food



Cleaning



Dust



Cold/Flu



Mold



Exercising



Hot or cold  
weather



Sleeping



Laughing

Other:

How were my symptoms?



Okay



Mild



Bad

What did I do about my symptoms today?



Oxygen



Medication



Pulmonary  
rehab  
exercises

Other:

# Monthly Reflection



**This month, I am most grateful for:**

**What I want to remember about this month:**

**A difficult moment that I overcame this month:**

**Something I want to remember as I move into next month:**

# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**“Our life is shaped by our mind,  
for we become what we think.”**

— Siddhartha Gautama



**February**

# February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<input type="checkbox"/>						
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Every winter has a spring.

**A list of everything  
that's going right.**



# February

## Wellness Tracker

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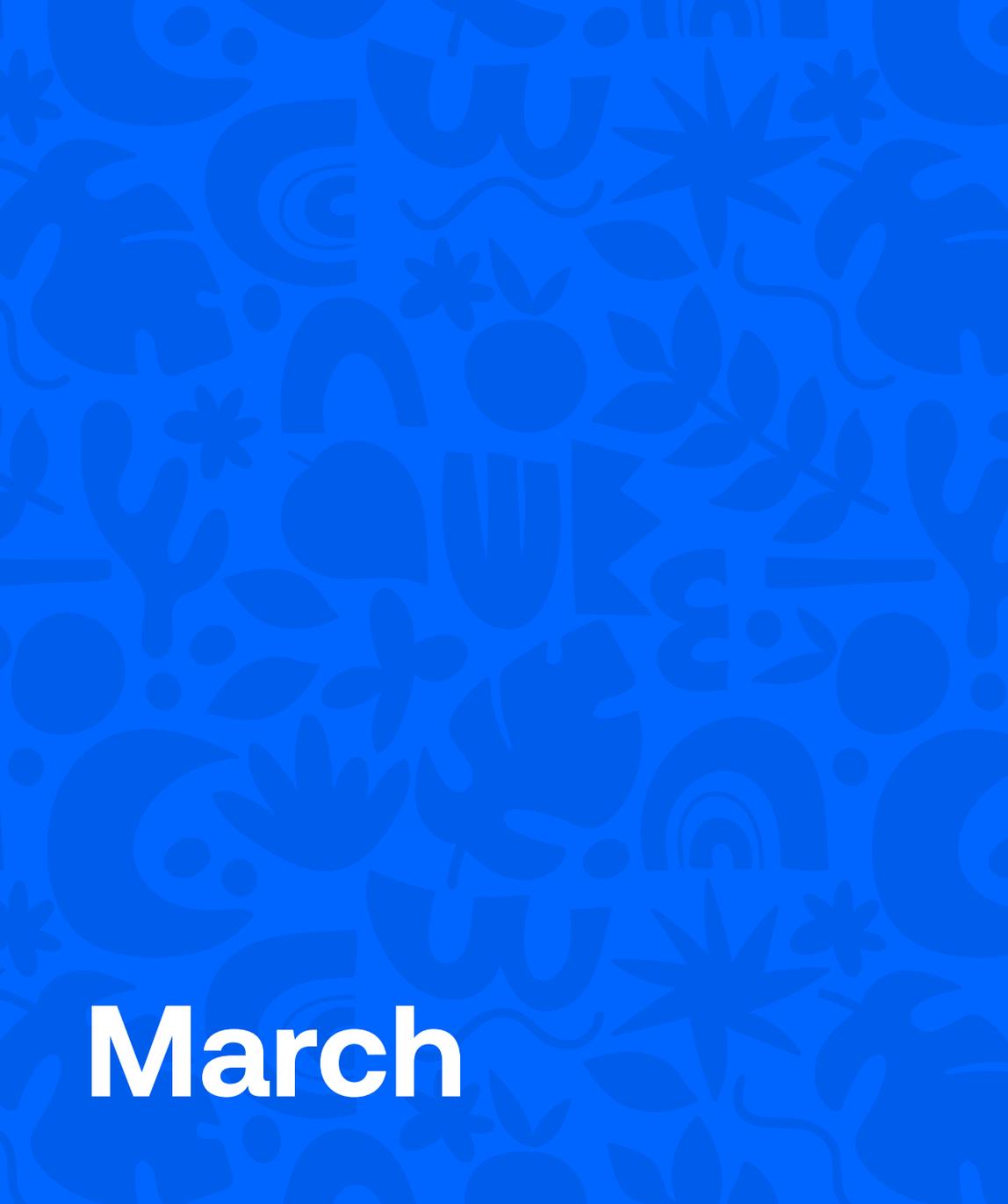
# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Your bravery shines brighter  
than any darkness.**



**March**

# March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

**March confidently in the direction of your dreams.**

**The power of perseverance  
knows no bounds. Keep  
pushing forward.**



# March

## Wellness Tracker

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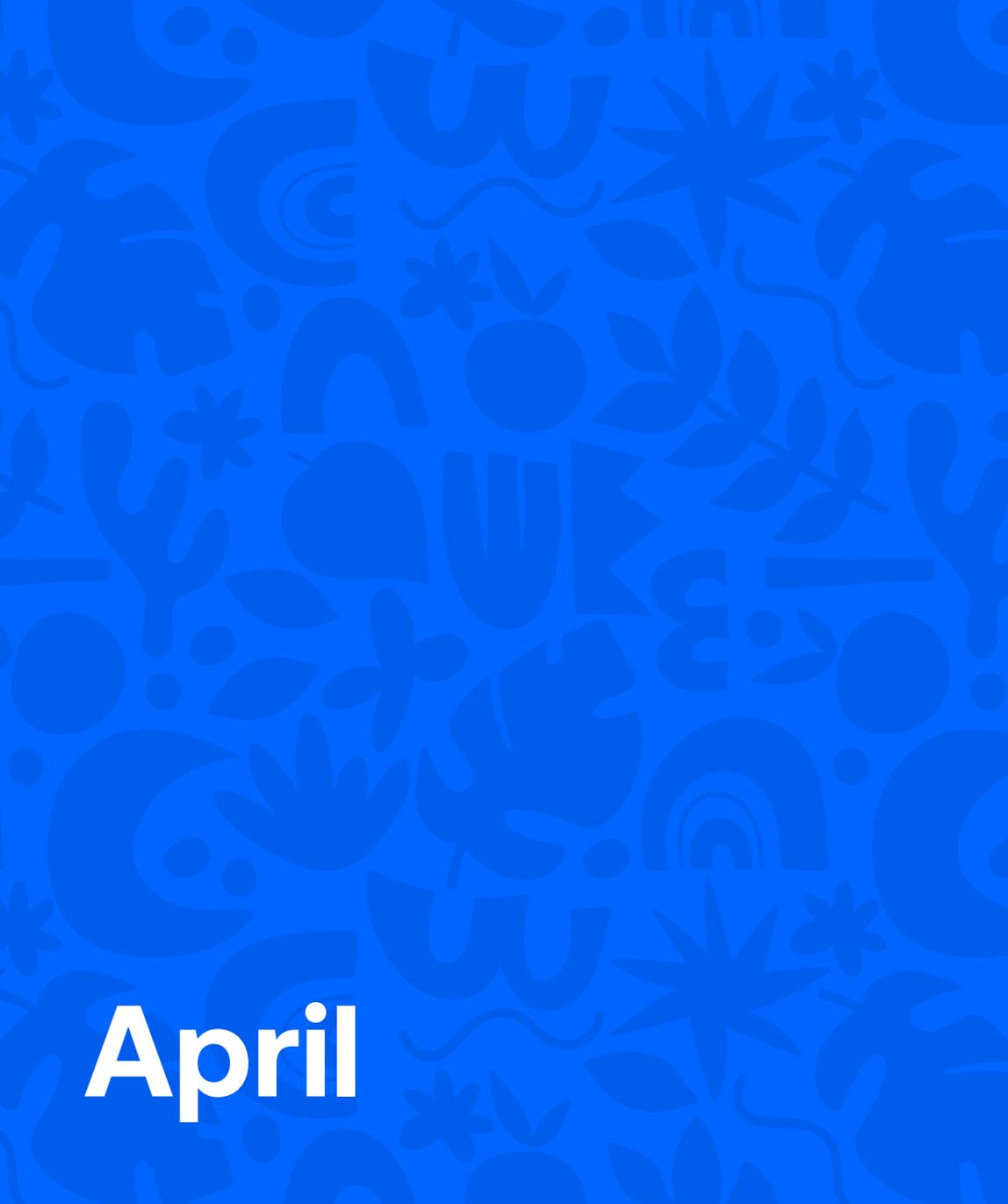
# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Do something loving  
for yourself today.**



**April**

# April

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

After the rain comes the flowers.

**Your journey may be  
challenging, but your  
spirit is strong.**



# April

## Wellness Tracker

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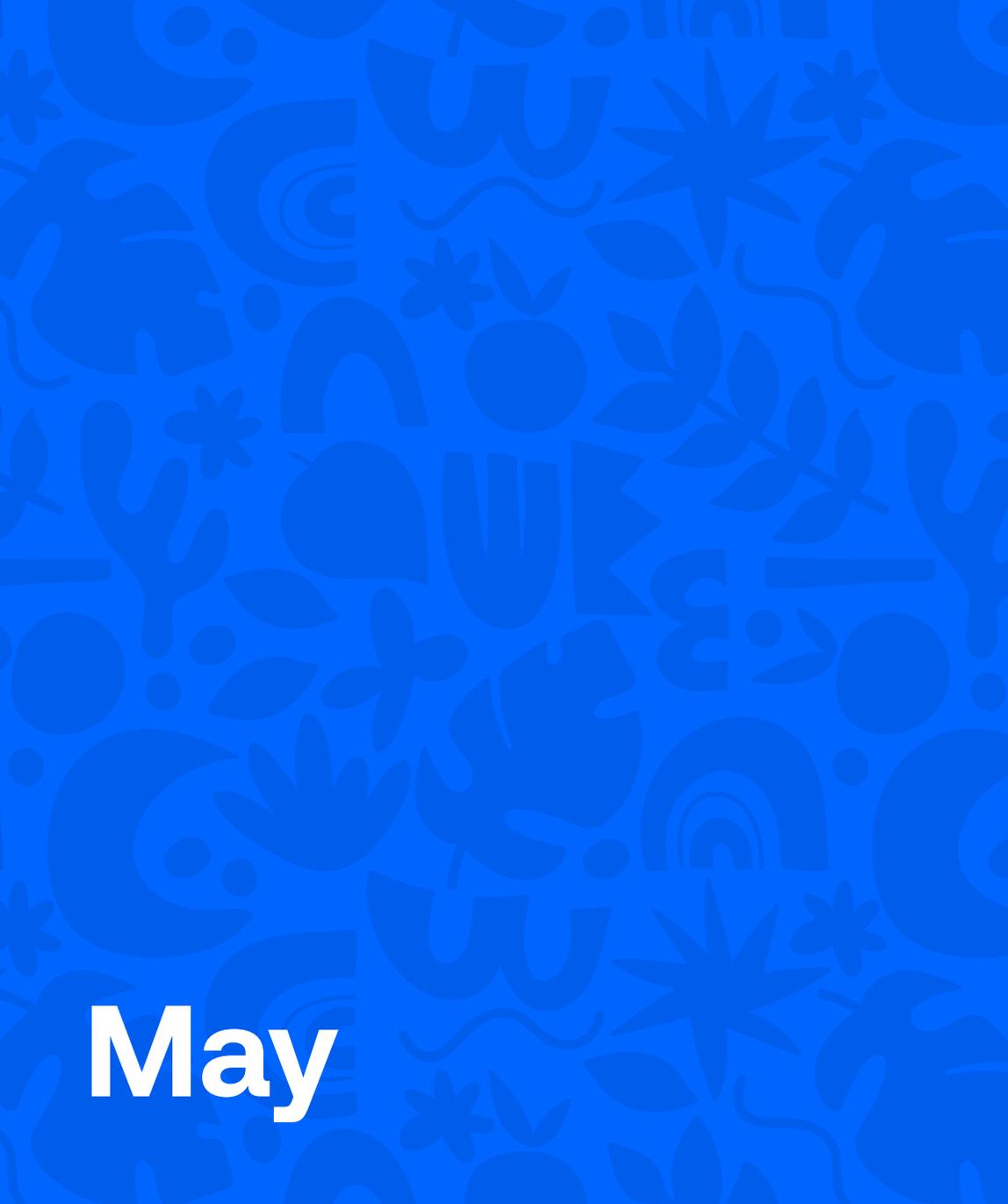
# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Progress isn't linear.  
Keep going.**

The background is a solid blue color with a repeating pattern of white, stylized floral and geometric motifs. The motifs include various shapes such as leaves, flowers, and abstract forms, creating a dense and decorative texture.

**May**

# May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<input type="checkbox"/>						
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**May everything good come your way.**

**Each day is a new  
chapter in your story.**



# May

## Wellness Tracker

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Outdoors

When did my symptoms get worse?



Morning



Afternoon



Evening



Night

Other:

What was around me or what was I doing when my symptoms got worse?



Smoke



Pets



Pests



Food



Cleaning



Dust



Cold/Flu



Mold



Exercising



Hot or cold  
weather



Sleeping



Laughing

Other:

How were my symptoms?



Okay



Mild



Bad

What did I do about my symptoms today?



Oxygen



Medication



Pulmonary  
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Other:

# Monthly Reflection



**This month, I am most grateful for:**

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**Something I want to remember as I move into next month:**

# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Believe you can and you will.**



**June**

# June

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Live life in full bloom.

**One step, one page,  
one breath at a time.**



# June

## Wellness Tracker

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Medication



Pulmonary  
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Other:

# Monthly Reflection



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**Something I want to remember as I move into next month:**

# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Every breath is a reminder  
of your resilience.**



**July**

# July

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Celebrate all that you can do.**

**Find joy in the  
simple moments.**



# July

## Wellness Tracker

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# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Trust the plan that the  
universe has for you.**



**August**

# August

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<input type="checkbox"/>						
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<input type="checkbox"/>						
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<input type="checkbox"/>						

**Spend more time with people who feel like sunshine.**

**Be yourself, everyone  
else is taken.**



# August

## Wellness Tracker

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**Something I want to remember as I move into next month:**

# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Joy is a renewable resource.**



**September**

# September

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<input type="checkbox"/>						
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**Change is the only constant.**

**Choose kindness,  
love, and gratitude  
as your companions.**



# September

## Wellness Tracker

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# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Think positive thoughts  
and watch magic happen.**



**October**

# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

**Carve out time for the things you love most.**

**Hope whispers,  
"Yes, you can!"**



# October

## Wellness Tracker

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<b>Today I feel</b>																																
																																
																																
																																
																																
																																
<b>My Fatigue Level*</b>	<b>3</b>																															
	<b>2</b>																															
	<b>1</b>																															
	<b>0</b>																															
	# of times I took relief meds	y/n																														
I took my regular meds today	y/n																															
I slept well last night	y/n																															
I rested when I could	y/n																															
I stretched / I was active	y/n																															
I hydrated & ate well	y/n																															
I was mindful to reduce stress	y/n																															
Stress level*	0-3																															
Anxiety level*	0-3																															
Cognitive slowness / fog level*	0-3																															
I had trouble coping today	y/n																															
I had a virus / illness	y/n																															

\* 0 = not at all and 3 = extremely

# Symptom Tracker



Date:

Where was I when my symptoms got worse?



Home



Work



School



Outdoors

When did my symptoms get worse?



Morning



Afternoon



Evening



Night

Other:

What was around me or what was I doing when my symptoms got worse?



Smoke



Pets



Pests



Food



Cleaning



Dust



Cold/Flu



Mold



Exercising



Hot or cold  
weather



Sleeping



Laughing

Other:

How were my symptoms?



Okay



Mild



Bad

What did I do about my symptoms today?



Oxygen



Medication



Pulmonary  
rehab  
exercises

Other:

# Monthly Reflection



**This month, I am most grateful for:**

**What I want to remember about this month:**

**A difficult moment that I overcame this month:**

**Something I want to remember as I move into next month:**

# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**All we really have is  
the present moment.**



**November**

# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

**Gratitude is the attitude that makes life more beautiful.**

**Embrace your journey,  
for it shapes your story.**



# November

## Wellness Tracker

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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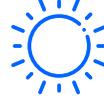


Outdoors

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Afternoon



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# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**Love is healing energy.**



**December**

# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

**Give and receive love in every interaction.**

**Every step forward is a  
victory worth celebrating.**



# December

## Wellness Tracker

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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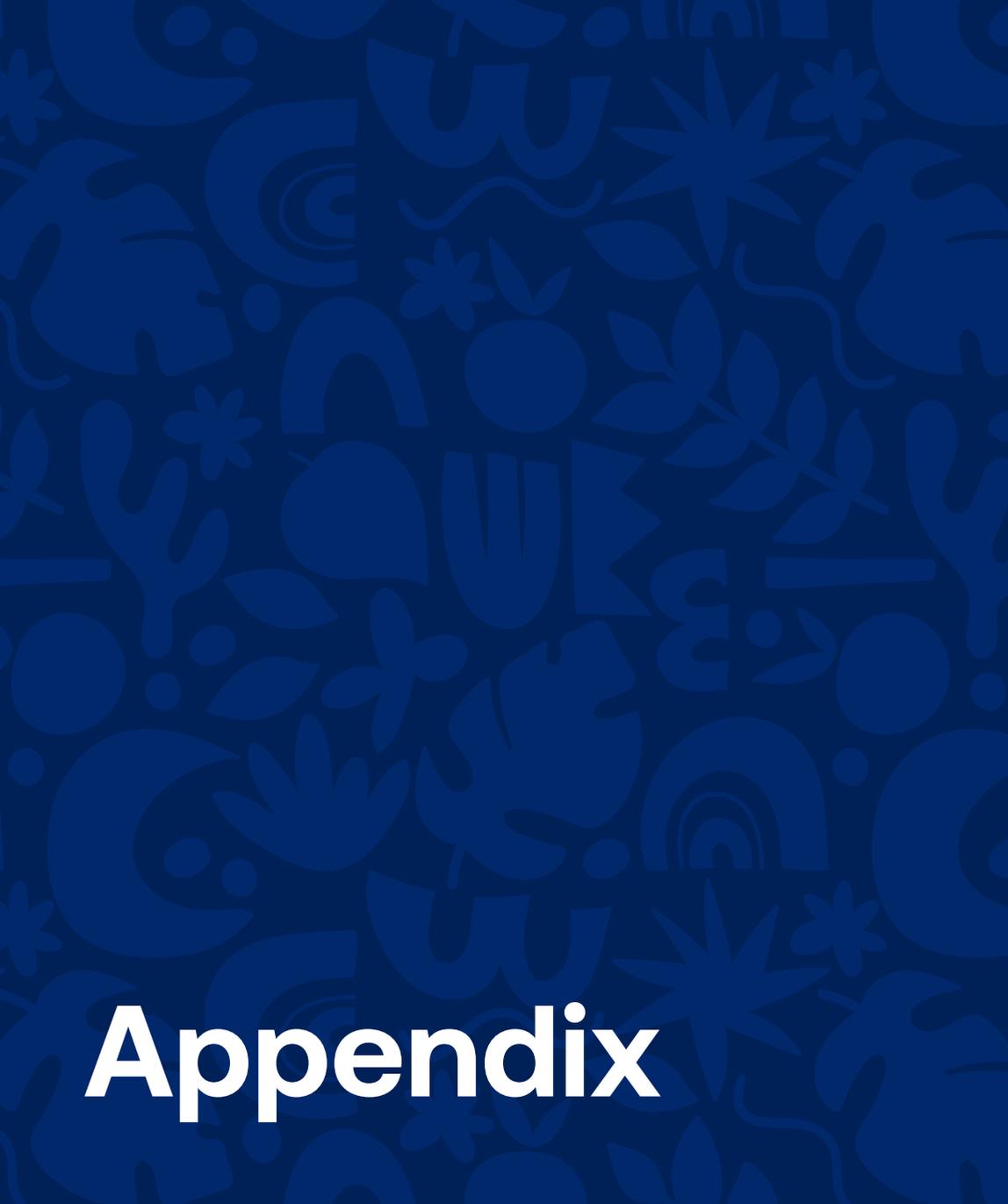
# Mindfulness



**Identify a barrier or struggle that you're having:**

**Identify one thing you can do that's within your control:**

**You can do hard things.**



# Appendix

# My Resources



**Website:**

**Podcasts:**

**Good reads:**

**Articles:**

# Health & Wellness Tips



## Keep Moving:

Aim for at least 30 minutes of moderate activity most days of the week.

## Don't Skimp on Sleep:

Healthy adults need 7-9 hours of sleep every night, and kids need more.

## Strengthen Social Connections:

Reconnect with loved ones. Join groups, volunteer, ask for help when you need it.

## Practice Self-Compassion:

Be patient and kind to yourself, especially when you're frustrated, sad or anxious.

## 5 Simple Ways to De-Stress

- Sit in the sun for a few minutes
- Slowly count backwards
- Kick off your shoes and put on slippers
- Look at photos of people you love
- Go for a walk or do some yoga poses

## 10 Healthy Snack Ideas:

- Apple & Peanut Butter
- Low-fat cottage cheese & fruit
- Frozen grapes
- Hard-boiled egg
- Low sodium beef jerky
- Oatmeal with fruit
- Tuna salad on cucumber slices
- Plain popcorn
- Baby carrots & low-fat dip
- Celery & cream cheese

## 15 Super Immune Boosters:

- Almonds
- Broccoli
- Citrus
- Cruciferous Vegetables (kale, cabbage)
- Garlic
- Ginger
- Green tea
- Kiwi
- Live-culture yogurt
- Papaya
- Poultry
- Red bell peppers
- Shellfish
- Sunflower Seeds
- Turmeric