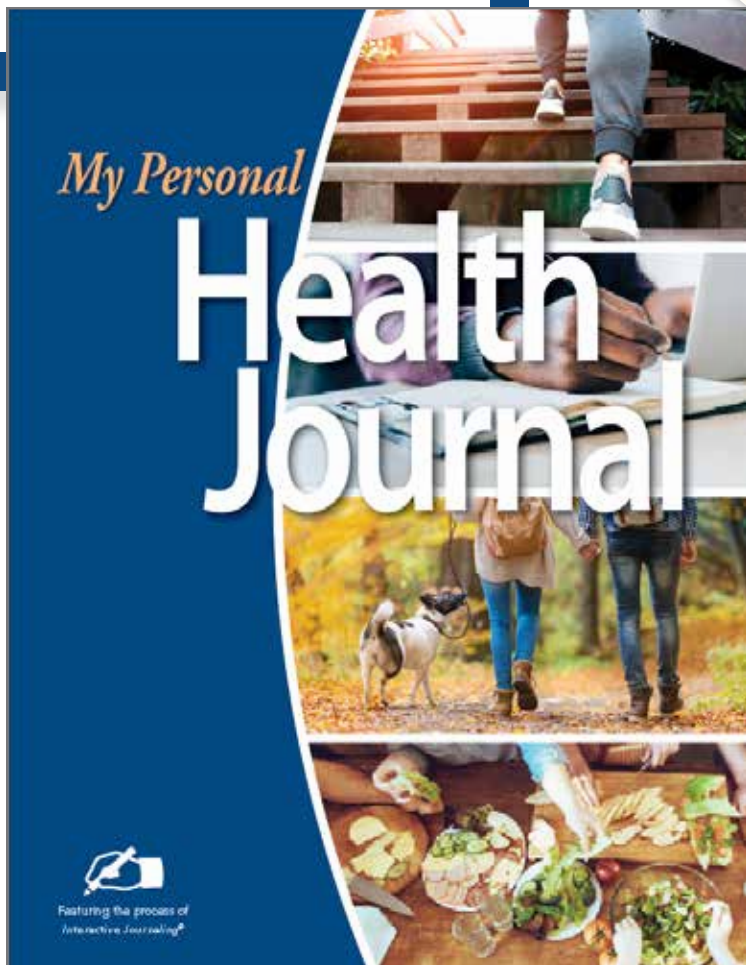


MY PERSONAL HEALTH JOURNAL

for overall health and wellness

PROVIDING
STRATEGIES FOR
INCREASING
HEALTH,
BALANCE AND
WELLNESS IN LIFE



ABOUT INTERACTIVE JOURNALING®

Over 25 million people have used Interactive Journals to make positive changes in their lives.

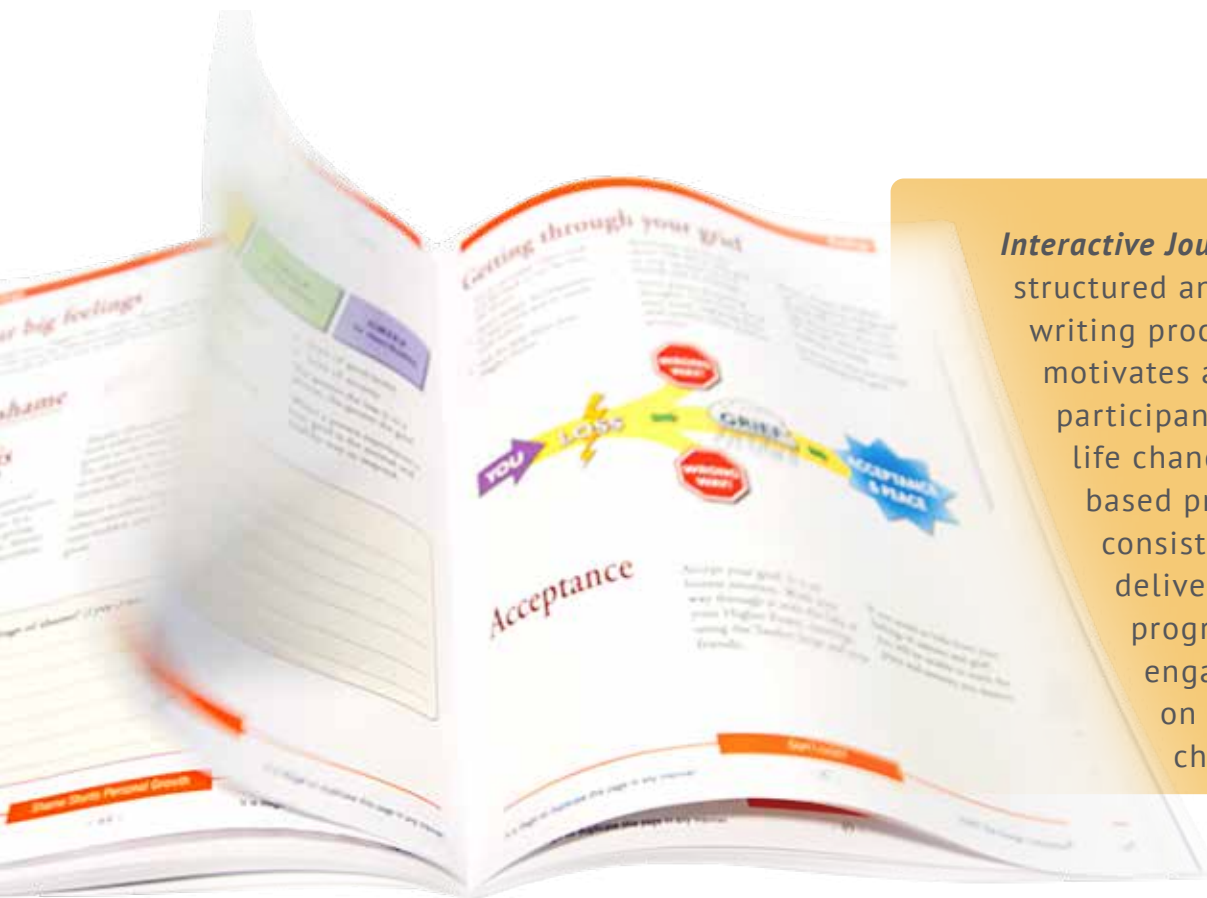
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE



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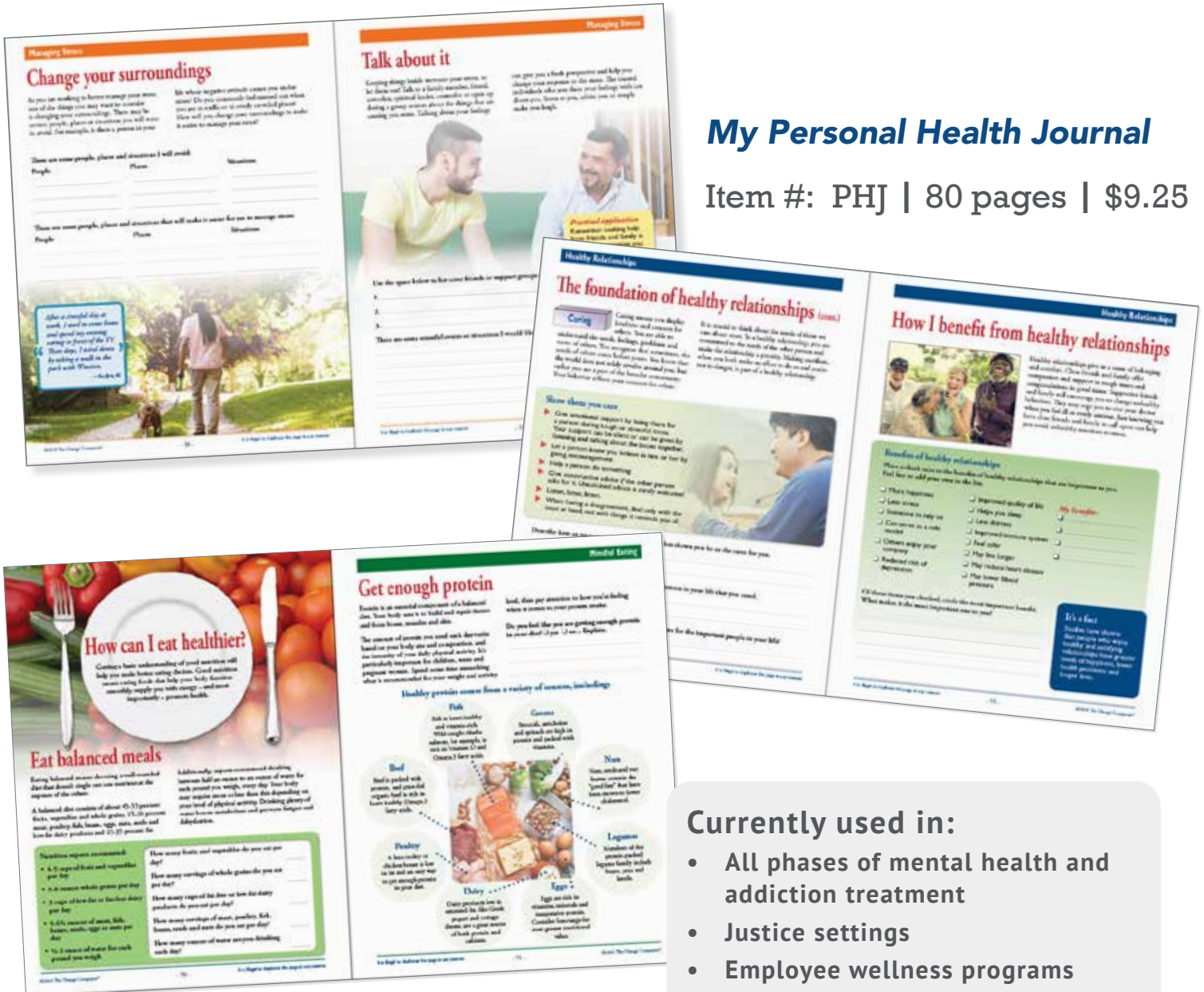
ABOUT MY PERSONAL HEALTH JOURNAL

My Personal Health Journal assists individuals in making wise choices each day in order to stay physically active, manage stress, build healthy relationships and be mindful in their eating choices. This colorful and engaging

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MY PERSONAL HEALTH JOURNAL

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