

Sample March 1 -7, 2002

My Daily Journal

now available in large print
8½ X 11 lay-flat spiral bound

FREE download

one-month sample

***My Daily Journal* at
largeprintjournal.com**

Also available as three-month and
customized *large print daily journal*.



Friday March 1, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Friday March 1, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Saturday March 2, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Saturday March 2, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Sunday March 3, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Sunday March 3, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Monday March 4, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Monday March 4, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Tuesday March 5, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Tuesday March 5, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:
(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Wednesday March 6, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects

Important Notes:

Wednesday March 6, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

Thursday March 7, 2002

The Weather is:



Morning

I took my pills.

What did I have for breakfast?

Things to do today-Appointments and projects



Important Notes:

Thursday March 7, 2002

Daytime:

What Did I have for lunch?

How do I feel today?

Visitors/Phone Calls

What Time

I went out to:

(and saw whom?)

Evening:

I took my pills.

What I had for dinner

TV Shows watched, other fun things...

One Month Free!

Download next month's journal **FREE** from
largeprintjournal.com

An answer to “What have you done today?”

- Keep track of important events in your life
- Remember to take medication
- Keep track of Home Health Care visits
- Recall friends' visits and phone calls

Three month, spiral-bound customized versions of your journal

- Three-month 8½ X 11 spiral bound editions with color covers--\$16.95 from MacroPrintBooks
- Call (636) 394-4950 about customized versions with personalized notes for each weekday, including anniversaries, birthdays, standing appointments, and other important events.

Order form for three-month Journal:

\$16.95 plus \$4 priority postage (USA only)

MacroPrintBooks (636) 394-4950

PO Box 7151 Chesterfield MO 63006-7151

Or order online at **www.largeprintjournal.com**

Name:

Address:

City/State/Zip:

3 month start date _____