

Treatment Notes Log (date, type, location, doctor, how you felt)

This page doesn't need to be filled out all at once — take your time. Ask a friend or family member to help if needed. It can be empowering to have all of this in one place — for you and for your care team.



PS. If you love your journal and want to print more pages, visit RedSlipperWarrior.com/warrior-resources/victory-journal

