

Specialty Information Journals

Personal Medical Journal

The cover is black with a white caduceus and the text "Personal Medical Journal" and "KAISER PERMANENTE" with "Napa/Solano Volunteer" below it. The sample pages include "HEALTH HISTORY" with fields for Blood Type, Drug, Dose, Frequency, and Discontinuation; "My Primary Pharmacy" with Name, Address, and Phone; "Surgical History" with Date and Procedure/Comments; and "My Current Medications" with Drug, Dose, Frequency, and Prescribing Physician.

PMJ-11

Personal History Journal

The cover is green with the text "Personal History Journal" and "think green" with the "Northwestern Bank" logo below it. The sample pages include "Notes" and "Birth" information with fields for Date, Location, City, Country, State, Father's Name, Father's Date of Birth, Location, and Mother's Name.

PHJ-11

Fitness Journal

The cover is blue with the text "FITNESS JOURNAL" and "SUMMIT GYM" with a logo of a person lifting weights. The sample pages include "Daily Records" with Date, Exercise Name, Time, and Time Spent; "Weight Loss Tip" with a list of 7 tips; and "Weight Tracking" with a table for Date, Start Weight, End Weight, and Difference.

FJ-13

PAYNE PUBLISHERS

Keep that hard to find information organized and always available.

ASI#76575
PPAI#112659
UPIC: PaynePub
SAGE#53076



Critter Pal Journal

The cover is red with the text "Critter Pal" and "Pet Sitting" with a logo of a dog and a cat, and "GötPet.net" below it. The sample pages include "Current Medications" and "Vaccination/Examination" with fields for Drug, Dose, Frequency, Date, Age, and Weight; "Pet Identification" with fields for Breed, Birthday, Sex (Male/Female), Spayed/Neutered Date, Color, and Distinctive Markings; and "Veterinarian" with fields for Company, Name, Address, Phone, and Email.

CPJ-11

Online Organizer

The cover is brown with the text "Online Organizer" and "Apache CORPORATION" with a logo. The sample pages include "Account" information with fields for Web Address, User Name, Password / Pin, and Notes.

OLO-18



Specialty Information Journals

PMJ-I

Personal Medical Journal

- 3.5" x 6.5", Saddle-Stitched
- Insurance Information
- Medical Emergency
- Medical Power of Attorney
- Physician, Hospital, Surgical and Health Listing
- Current Prescriptions
- Dental and Optical Information

PHJ-I

Personal History Journal

- 3.5" x 6.5", Saddle-Stitched
- Birth Information
- Adoption Information
- Citizenship Information
- Religious Information
- Marital Status
- Health History
- Family Tree

FJ-I

Fitness Journal

- 3.5" x 6.5", Saddle-Stitched
- Fitness Goals
- Weight Loss Tips
- Body Measurements
- Daily, Weekly Exercise Goals
- Weight Tracking
- Estimated Daily Calories
- Estimated Calories Burned

CPJ-I

Critter Pal Journal

- 3.5" x 6.5", Saddle-Stitched
- Pet Photo & Identification
- Veterinarian Information
- Boarding Information
- In Home Care
- Eating Habits
- Medical History / Medications
- Vaccinations
- Grooming Information
- Family Tree

OLO-I

Online Organizer

- 3.5" x 6.5", Saddle-Stitched
- Organize Web Accounts
- Web Addresses
- User Names
- Passwords
- Pin Numbers
- 47 Entries Per Book

Covers

Leatherette Covers (11)

Black, Burgundy, Navy, Green, Teal, Red, White, Purple

Canyon Covers (18)

Saddle Tan, Sienna Brown, Charcoal Grey

Continental Covers (13)

Black, Burgundy, Navy, Green, Teal, Tan, Royal Blue, Vibrant Green, Lemon Yellow, Palace Blue

Early Order Discount:

Reduce unit price by 10% when you order before August 1, 2011

Cover	100	250	500	1000	2500
Leatherette	1.82	1.70	1.48	1.42	1.25
Continental	2.74	2.64	2.35	2.29	2.05
Canyon	1.92	1.82	1.60	1.55	1.37