Note your symptoms each day, when they began and intensity scale 1-10, with 10 the highest intensity.

JANUARY | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NEW YEAR'S DAY 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	ML KING DAY 21	22	23	24	25	26
27	28	29	30	31		

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

Lexington Clinic
Your doctors for life.

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FEBRUARY | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	VALENTINE'S DAY 14	15	16
17	PRESIDENTS' DAY 18	19	20	21	22	23
24	25	26	27	28		

Important Addresses/Phone Numbers:

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Notes:

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MARCH | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
ST. PATRICK'S DAY 17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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APRIL | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	GOOD FRIDAY 19	20
EASTER SUNDAY 21	22	23	24	25	26	27
28	29	30				

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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MAY | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
MOTHER'S DAY 12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	MEMORIAL DAY 27	28	29	30	31	

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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JUNE | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
FATHER'S DAY 16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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JULY | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	INDEPENDENCE DAY 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			

Important Addresses/Phone Numbers:

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Notes:

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AUGUST | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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SEPTEMBER | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	LABOR DAY 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					

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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Your doctors for life.

Note your symptoms each day, when they began and intensity scale 1-10, with 10 the highest intensity.

OCTOBER | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	COLUMBUS DAY 14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	HALLOWEEN 31		

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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Note your symptoms each day, when they began and intensity scale 1-10, with 10 the highest intensity.

NOVEMBER | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	VETERANS DAY 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	THANKSGIVING 28	29	30

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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DECEMBER | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	CHRISTMAS DAY 25	26	27	28
29	30	NEW YEAR'S EVE 31				

Important Addresses/Phone Numbers:

List your doctors, insurance, nurse navigator, support groups or referral numbers and/or treatment facility addresses.

Notes:

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