



Changes to my routine

My Notes

Activity (i.e. dietary, physical)	Instruction
Exercise	Breathing and walking exercises
Smoking	QUIT smoking
Flu Shot	Get one every year



Appointments I have to go to

1. _____

Date/Time:

Location:

Phone Number:

Comments:

3. _____

Date/Time:

Location:

Phone Number:

Comments:

2. _____

Date/Time:

Location:

Phone Number:

Comments:

4. _____

Date/Time:

Location:

Phone Number:

Comments:



Where to go for more information

For:	Call/Go to:	Phone Number
Any questions	Janice	647-539-8134
Help quitting smoking	St. Joe's "Stop Smoking Clinic"	416-530-6860
	CAMH Nicotine Dependence Clinic	416-535-8501 x77400