



Consumer Information & Services for Schizophrenia

Tools & Services    Understanding Schizophrenia    Your Recovery    Caregivers

- Facts About Zyprexa
- How Zyprexa Can Help
- FAQ
- Sharing Your Stories
- Prescribing Info

Wellness Progress Journal

Journal Selections

A weekly interactive journal for tracking how you or your loved one is progressing on important wellness activities so you can make proactive and continued improvements towards recovery! The journal may also help you communicate with doctors and other treatment team members more effectively.



Another great benefit of using this interactive journal on-line is that you will be able to receive automatic feedback on how you or your loved one is doing as well as tips on how you could improve. You will receive motivation and encouragement on an ongoing basis.

If you are using the printout version and wish to receive the benefit of Personal Support Messenger, please [register now](#). We respect your concerns regarding privacy, so no personal information is required. Only an e-mail address and a password are needed to receive automatic feedback and tips as well as to protect the confidential information you may enter in the journal.

It is also important to know that this tool is NOT intended to be used for any diagnosis or clinical assessment purposes. Only your doctor can make a proper diagnosis and clinical assessment of your illness.

Due to the chronic nature of the illness, we suggest you make journal entries once a week, rather than every day. This will help you see your progress over time.

If you would like to use the printed version of this tool, please [click here](#).



[Click here](#) to download Adobe Acrobat (Eli Lilly and Company does not review or control the content at the site to which this hyperlink connects; therefore, this hyperlink does not constitute an endorsement by Lilly of the content of any non-Lilly site.)

[Get Report](#)



Search



CR 001 01380

[Clear Journal Hist](#)

---

---

**Important Safety Information**

[Privacy Statement](#) | [Terms of Use](#) | [Copyright © 2001 Eli Lilly and Company. All rights Reserved.](#)

**This site is intended for use by United States residents only. For more information about Zyprexa or schizophrenia contact your doctor or other healthcare professional.**

**OL20639 10192523**

**CR 001 01381**



Consumer Information & Services for

Tools & Services Understanding Schizophrenia Your Recovery Caregivers

- Facts About Zyprexa
- How Zyprexa Can Help
- FAQ
- Sharing Your Stories
- Prescribing Info

Chart Your Progress

If you have been using the Wellness Progress Journal, you can review your progress in several types of graphs listed below. You may request individual graphs or get a full report with all graphs. The reports can help guide your discussions with doctors and treatment team members.

When you know how you or your loved one is progressing, you can proactively plan and adjust your ongoing efforts towards a more active recovery. If you have not used the Wellness Progress Journal, register now. We respect your concerns regarding privacy, so no personal information is required. Only an e-mail address and a password are needed to receive automatic feedback and tips as well as to protect the confidential information you may enter in the journal.

It is also important to know that this tool is NOT intended to be used for any diagnosis or clinical assessment purposes. Only your doctor can give proper diagnosis and clinical assessment of your illness.

Chart Journal Selections



FULL CHART REPORT

Chart Individual Report



EXERCISE



MEDICATION



SOCIAL



SLEEP



SELF




Email to a Friend



Bookmark this Page

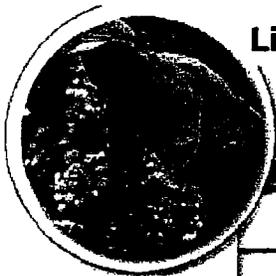


Ask Lilly



**Important Safety Information**  
 Privacy Statement | Terms of Use | Copyright © 2001 Eli Lilly and Company. All rights Reserved.  
 This site is intended for use by United States residents only. For more information about Zyprexa or schizophrenia contact your doctor or other healthcare professional.  
 OL20639 10192523

CR 001 01390



Please [log in](#) to use the Tools and Nutrition Features.

Forgot your [password](#)?  
Need to [Register](#)?

**FREE  
Insulin Offer**

Our Tools can help you measure health factors to reduce or prevent the complications of diabetes. By registering, your personal information will be protected.

### Registration

Why register on LillyDiabetes.com? To immediately create your personal record and graphs that track important health factors.

Good control of your diabetes matters. In addition, tracking certain health factors over time is important. Complications from diabetes can arise, including: eye problems, kidney disease, surgical loss of a foot or leg, nerve damage, sexual problems, frequent infection, heart attack or stroke. Tracking important health factors such as HbA<sub>1c</sub> (blood sugar control), blood pressure, body weight, and your nutritional intake can help you control diabetes and monitor for possible complications. On this site, you can use the Measures of Control Exercises to keep a record of these health factors, compare your values to recommended standards and prepare graphs that show you trends, and the Nutrition section to help you plan and keep track of your meals. Click here to see a [sample graph](#) of the Measures of Control Exercises. You can print your graphs and share them with your doctor or healthcare professional. Click here to view a [sample Meal Schedule](#) from the Nutrition Section.

Registering is quick and easy! To begin, please fill out our registration form. Privacy of the information you enter into your record is important to you and Eli Lilly and Company. Please click here to review our [privacy statement](#).

Important: The information you provide in this form will be used in accordance with the [Lilly Privacy Statement](#). Also, any information or suggestions you provide regarding the content of any Lilly website, published document or product will be handled in accordance with our [Copyright Statement](#).

#### \* Required information

First Name: \*

Last Name: \*

Address: \*

City: \*

CR 002 00527