

## 12 Week Wellness Journal



THIS COMPREHENSIVE NOTEBOOK FEATURES PRE-PRINTED SECTIONS TO SIMPLIFY A WELLNESS JOURNEY, INCLUDING: SELF-CARE TRACKERS, GOAL SETTING AND PROGRESS MONITORING, DAILY GRATITUDE PROMPTS, MEAL PLANNER, GUIDED SELF-REFLECTION AND A DEDICATED DAILY PLANNER. THIS MIX AND MATCH NOTEBOOK INCLUDES THE FOLLOWING: A CHOICE OF SMOOTH SOFT FEEL THERMAL PU AND PU PLUS COVER COLOURS TO CHOOSE FROM, DEBOSSING OR FOIL BLOCKING TO ONE POSITION, RIBBON, PEN LOOP, ELASTIC, THE OPTION TO HAVE COLOURED INSIDE COVER SHEETS AND PAPER POCKET AT THE BACK. SEE BELOW FOR MORE DETAILS AND ALL OPTIONS AVAILABLE.

<b>FITTING</b>	Mix & Match Elastic & Pen loop Colours
<b>BRANDING METHOD</b>	Full Colour, Debossing
<b>MATERIAL</b>	PU
<b>COLOURS</b>	Pink, Green, Dark Grey, Aqua, White, Yellow, Navy, Purple, Red, Teal, Black, Orange, Royal Blue, Light Grey, Light Blue, Lime - Leather Effects, Navy, Burgundy, Green, Red, Black
<b>RIBBON COLOURS</b>	Black, White, Light Grey, Dark Grey, Brown, Navy Blue, Blue, Sky Blue, Turquoise, Dark Green, Gold, Light Violet, Violet, Claret, Red, Orange, Pink, Light Pink, Honey, Yellow, Light Green, Ecru
<b>ELASTIC &amp; PEN LOOP COLOURS</b>	Black, White, Light Grey, Dark Grey, Brown, Navy Blue, Blue, Sky Blue, Dark Green, Gold, Light Violet, Violet, Claret, Red, Orange, Pink, Honey, Yellow, Light Green,
<b>SIZE</b>	A5
<b>MOQ</b>	100
<b>ARTWORK</b>	Required in any vectorised file format
<b>PRODUCTION PROOF</b>	Visuals supplied within 24 hours
<b>PRE PRODUCTION SAMPLE</b>	Approx 2 weeks from artwork approval
<b>BULK TURNAROUND</b>	Approx 3 weeks from artwork approval
<b>COUNTRY OF MANUFACTURE</b>	United Kingdom