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Anne Manera

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**Anne Manera : Diabetes Coloring Journal - Manage Your Blood Sugar While You Color (Volume 1)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Diabetes Coloring Journal - Manage Your Blood Sugar While You Color (Volume 1):

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Scroll down to the reviews to see a video of inside this journal ! Every diabetic has the dreaded tracking journal they must maintain. Why make it a drab experience when it can actually be fun ! This one of a kind Diabetes Coloring Journal will help you track your blood sugar levels, keep a daily food diary and record daily medications all while enjoying a most loved hobby - COLORING ! Illustrated by coloring book artist Anne Manera, this journal will encourage young and old to pay closer attention to their diabetes. It is filled with everything you will possibly need for 90 days of journaling, with the added joy of coloring . Filled with the tools you need to : - Start your journal at your own date! - Track medications - Record blood glucose levels - Track blood pressure - Track your meals with the easy to use Daily Food Journal - Convenient handy 6" x 9" size, small enough to carry with you, yet provides ample amount of space to track your needs - Cover art by artist Anne Manera - bright cheery not like other drab tracking journals - PLUS the added bonus of having 16 coloring pages by Anne at your fingertips to encourage you to keep vital records For you or a loved one of any age, you will never want to use another journal again.

About the AuthorAnne Manera is an illustrator, designer and author of coloring books and children's books.Her coloring books are inspired by her paintings. Anne also runs a facebook coloring group Just Color! with Anne Manera. When she is not illustrating coloring books or hanging out with her dogs, Manera is available for painting commissions. Visit her website - [www.annemanera.com](http://www.annemanera.com) Facebook Page -

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