

# Read This First!

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## How to put your Fit and Healthy Diver Victory Journal Together

Welcome! That you can read this means you retrieved your files successfully. The documents that you found inside the **Fit-Diver-Victory-Journal.zip** file should be the following:

- **Read This First** – PDF (This file)
- **Fit-Diver-Journal Cover** – PDF (The cover)
- **Fit-Diver-Journal-Content** – PDF (The inside)

The files for your **Fit and Healthy Diver Victory Journal** are ready for printing. They were designed to fit in 8.5" x 11" sheets, the standard size in office or home printers.

- Choose a paper that pleases you the most (nothing wrong with plain paper).
- Print the **Journal Cover** file first. Use heavy stock paper for a durable cover.
- Upload your **Journal Inside** file next.
- **Check your printer settings** and make sure they are set for **landscape** orientation and **Print on both sides**. The prompts will vary from printer to printer so check the appropriate documentation.
- **Print a total of 23 sheets**. That will give you 92 pages for your journal. Enough for a quarter of the year or three months.
- **Staple** your journal sheets to your cover at the middle.
- **Fold** at the middle and happy writing!

If you take your files to a professional printing shop (like Kinko's, Sound Reprographics, Staples, or a printer of your choice) they can help you with the whole process and you will have access to a wide variety of paper types.

Much success and health to you!



**Coach Izzy**

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