

Binder Supply List

If you're printing your own Health and Wellness Record, here is a list of supplies you'll need to assemble your binder:

- A printed Health and Wellness Record packet, with additional pages printed as directed at the start of each section. You can find the digital file for printing at www.cowcreek-nsn.gov/health/public-health/
- One 1.5 inch three-ring binder
- One 10-pack of page dividers, or two 5-packs of page dividers
- A pencil pouch with holes for the binder rings
- 25 - 30 sheet protectors for a three-ring binder (optional)
- Hole punch reinforcement stickers (optional)