



the changing room



# the changing room

An Interactive Journal

Created by Cristina Carino and You

*Cristina Carino*  
cristina carino books





# the changing room



The first time I **looked into my little girls eyes**, I knew I had finally found my home. Suddenly, she was all that mattered and more important than the life I'd spent so many years building.

I had entered the hospital one person and exited another, holding a newborn and knowing I was as new as she was. It was as if I had stepped into a **Changing Room** of the cosmos and was delivered into a new dimension.

**Gristina Carlino**

introduction and **how to use this app**



the changing room



the art room



the bath room



the bed room



the blue room



the olace room



the dark room



the delivery room



the dining room



the exercise room



the family room



the great room



the green room



the home room



the interrogation room



the work room



the kids room



the laundry room



the living room



the make-up room



the music room



the mystery room



the party room



the play room



the quiet room



the reading room



the tool room



the safe room



the steam room



the waiting room



the weight room





# the changing room



## the weight room

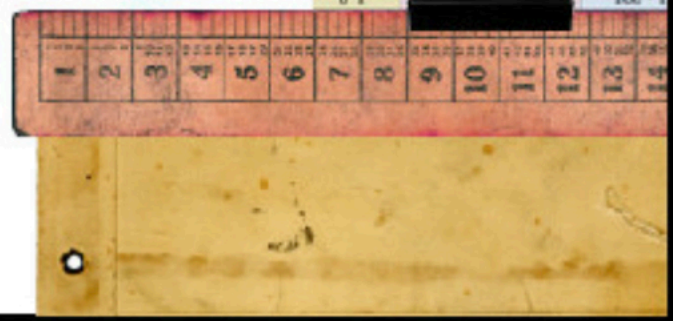
weight

Lined writing area for notes

- write 2
- photos 1
- audio
- draw



Height	Healthy Weight		ages for Men and	
	Female	Male	Small	Large
5'0"	90	110	95	110
5'1"	95	116	101	116
5'2"	99	121	106	121
5'3"	104	127	112	127
5'4"	108	132	117	132
5'5"	113	138	122	138
5'6"	117	143	128	143
5'7"	122	149	133	149
5'8"	126	154	139	154
5'9"	131	160	144	160
5'10"	135	165	149	165
5'11"	140	171	155	171
6'0"	146	177	160	177
6'1"	152	183	166	183





# the changing room

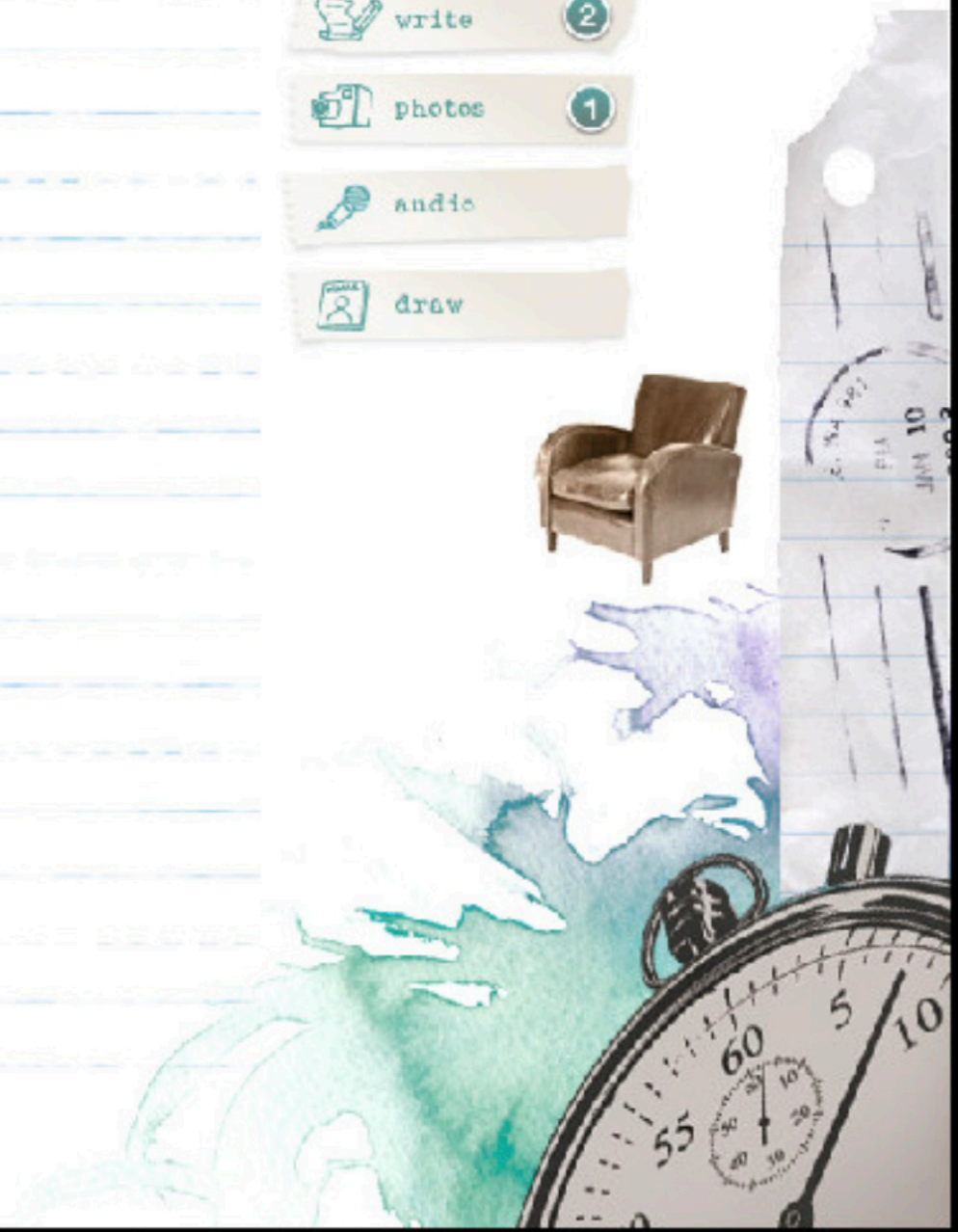


## the waiting room

patience

Lined writing area with horizontal lines and a dashed midline for handwriting practice.

- write 2
- photos 1
- audio
- draw







# the changing room



## the safe room

protecting yourself from toxic elements and people

Lined writing area with blue horizontal lines and dashed midlines for text entry.

- write 2
- photos 1
- audio
- draw





# the changing room



## the rec room

what needs fixing

Lined writing area for notes

- write 2
- photos 1
- audio
- draw

*change is good*





# the changing room



## the reading room

lessons learned from stories

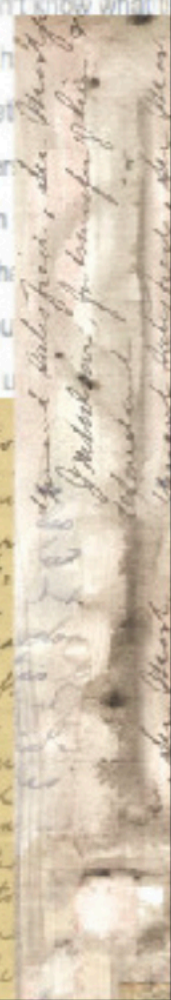
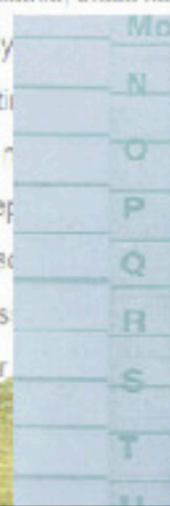
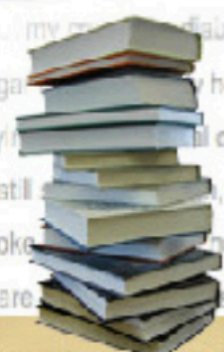
Lined writing area for notes

write 2

photos 1

audio

draw







# the changing room



## the quiet room

why you need to stop gossiping

Lined writing area with blue horizontal lines and dashed midlines for text entry.

write 2

photos 1

audio

draw





# the changing room



## the play room

how to play

Handwriting practice area with multiple sets of blue lines (top, middle dashed, bottom) on a white background.

- write 2
- photos 1
- audio
- draw





# the changing room



## the mystery room

supernatural events in your life

Lined writing area for notes.

write 2

photos 1

audio

draw





# the changing room



## the music room

songs that change your life

Lined writing area with blue horizontal lines and a dashed midline for handwriting practice.

write 2

photos 1

audio

draw

