

Wellness Planner.

You want to collect yourself and all your emergency data. Where do you start?

Listen in to Episode 35 where the gruesome twosome discuss various ideas for putting together a wellness planner and getting emergency contacts in order.

If you have ideas for future episodes please send them to [steve at philofaxy dot com](mailto:steve@philofaxy.com)

Show Notes (timings approximate)

00:00 - Introductions

02:00 - Recent events

03:00 - Emergency contact numbers

04:30 - Emergency contact person to inform

06:45 - Have multiple ways of recording your contact list to cover every eventuality

07:45 - Mini Planner as a store of emergency information

08:45 - Key medical information

11:00 - Journalling

13:00 - 5 year journals

18:00 - Colour coding your week

21:00 - Animals/Pets records

22:00 - Doctors records

23:30 - What to carry with you and what store

25:00 - Record your prescription dates

26:30 - Sudden memory loss

28:00 - Thought/Task of the week

29:00 - Tip of week