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

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