

## **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