

- ✓ Conference call at noon.
 - ✓ Meet Bailey at 10 am for walk.
 - ✓ Finish presentation.
- Schedule yearly doctor exam.
Write proposal for new project.



Stuff happens...

Don't let the pace of your busy lifestyle keep you from having a healthy life. Put your health on your to-do list! Do the little things today for a healthy life tomorrow.

*It's all about me.
a healthy*

