



BELYNDA'S e-NEWSLETTER

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Happy New Year!!!!

By Linda Richard

WELCOME

First and foremost I want to take this opportunity to wish you all a HAPPY NEW YEAR and welcome to 2007.

Secondly, I want to thank you for viewing this newsletter. The content in this newsletter gives the reader a full understanding of the workbooks.

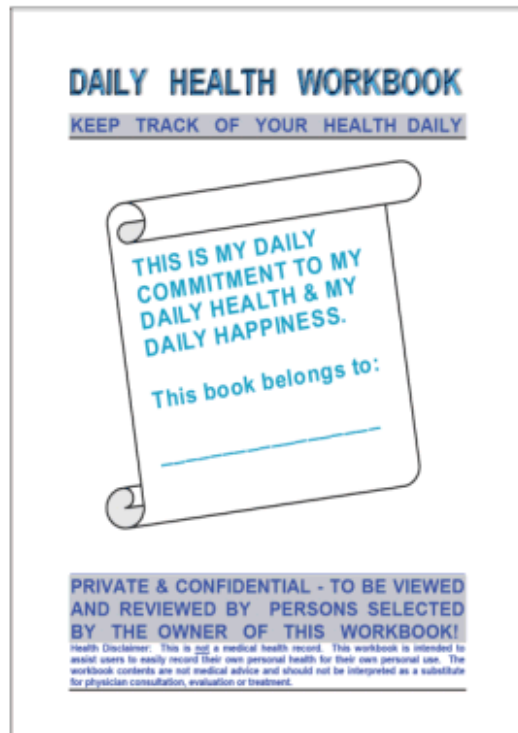
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Daily Health Workbook

Content of Health Workbook – 118 pages

- Emergency phone numbers chart
- Current medications/allergies chart
- Family medical history/allergy chart
- Daily (365 days) health log to monitor food habits, exercise programs, calorie intakes, calories expended, weight records, sleeping habits, symptoms experienced, medications taken daily and log appointments to Doctors, etc.
- Set up scheduled physical / physio exercise programs, breathing programs or relaxation programs.
- Food calorie counts/shopping list.



Daily Fitness Workbook

Content of Fitness Workbook – 76 pages

- ➡ Measurements–weight, bust, arms, waist, hips, thighs, calves. B.M.I. (Body Mass Index) cholesterol levels, resting heart rates & personal fat scale/budget log
- ➡ Annual/monthly/daily personal progress charts
- ➡ Daily (31 days) health/fitness log to record daily goals, sleeping habits, medications, vitamins/supplements, record daily glasses of water intake, foods eaten daily, energies consumed, energy workout levels, general exercises with time/duration & energy used/burned up. Stretching exercises, cardio exercises, strength exercises, relaxation exercises & breathing exercises, record energy consumed minus energy used up for daily totals.



Daily Agenda Workbook

Content of Agenda workbook–74 pages

- ➡ Record family/friends/co-workers, name, address, phone numbers, email, birthdates
- ➡ Daily (365 days) meal planner, calorie counts, record health, appointments, errands, bill payments, vacation/Stat holidays, special occasions, reminders, monthly/annual calendars, wish/gift lists, movie log, shopping list, internet sites/addresses, user I.D.'s /password charts
- ➡ Calorie reference page
- ➡ Monthly incidentals / appointments
- ➡ Record of bill payments

**SEE FREE FILLABLE
FORMS BELOW**



Gratitude Wellness Workbook

Content of Gratitude workbook – 14 pages

- The Gratitude Wellness Workbook is a little personal wellness workbook designed to let the user experience the changes that may generate in your daily life.
- For 8 weeks the user records 5 incidents, issues or visuals of gratitude per day. The exercise is to have the user focus his/her attitude towards a positive direction in their daily lives.
- This little journal is designed to easily record all your gratitude experiences as it is broke down to 5 incidents per day and grouped into eight individual weeks.
- It really is an experience!!



About .pdf – Portable Document Format Files

- A .pdf file is an acronym for **Portable Document Format**.
- The PDF file format created by Adobe System, Inc. is a self contained cross-platform document. It is a file that will look the same on the screen and in print, regardless of what kind of computer or printer is being used and regardless of what software package was originally used to create it.
- Although the files contain the complete formatting of the original document, including fonts and images, PDF files are highly compressed, allowing complex information to be downloaded efficiently.
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About Word Templates

- ➡ For those who are unfamiliar with templates, a template is a style guide for documents. A Word template can contain formatting, styles, boilerplate text, headers, footers, and macros, in addition to dictionaries, toolbars, and AutoText entries.
- ➡ A **template** is a master copy of a publication used as a starting point to design new documents. A template may be as simple as a blank document in the desired size and orientation or as elaborate as a nearly complete design with placeholder text, fonts, and graphics that need only a small amount of customization of text.

Workbook Templates

- ➡ Access to the template files in this newsletter are available for immediate download and immediate use after purchase.
- ➡ You may keep your purchased template files for your own personal use for as long as you wish.
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- ➡ You will require the Adobe Reader for PDF files and Microsoft Word for the Word Template files.

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*SEE FREE FILLABLE
FORMS BELOW*

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Workbook Title	Download PDF Template, Print, Fill pages in manually	Download PDF Template, Fill in text boxes using computer, print, text is not saved on template	Download WORD Template, Fill text in boxes using computer, Save text with file to another name, print	Workbook Hardcopy Shipping Costs Extra	File Size Compressed Zipped
Daily Health Workbook	\$8.00	\$9.00	\$10.00	OUT OF STOCK	<1MB – 1.5MB
Daily Fitness Workbook	\$7.00	\$8.00	\$9.00	OUT OF STOCK	<1MB – 1.5MB
Daily Agenda Workbook	\$6.00	\$7.00	\$8.00	\$9.75	<1MB-2MB
Gratitude Wellness Workbook	\$4.50	\$5.25	\$5.99	OUT OF STOCK	<1MB

Download time is 3 minutes for dialup (56k), DSL less than 1 minute

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Associate to Siscan
Publications

FREE FILLABLE FORMS

These are free samples taken from the workbooks. They are free to download and use for your own personal use.

Daily Health Workbook -
Current Medication Chart

Daily Fitness Workbook -
Annual Progress Chart

Daily Agenda Workbook -
2 month calendar

We're on the Web!

Visit us at:

www.belyndasehome.com

BELYNDA'S



e HOME

CURRENT MEDICATIONS

LIST ANY / ALL ALLERGIES HERE:

DATE	MEDICATION	HOW MANY?	DIRECTIONS / INSTRUCTIONS

ANNUAL PERSONAL PROGRESS

MEASUREMENT	BEFORE	JAN	FEB	MAR	APR	MAY	JUN
Weight							
Bust							
Arms							
Waist							
Hips							
Thighs							
Calves							
B.M.I. (Body Mass Index)							
Cholesterol							
Resting Heart Rate							
Personal Fat Scale/Budget							

MEASUREMENT	JUL	AUG	SEP	OCT	NOV	DEC	AFTER
Weight							
Bust							
Arms							
Waist							
Hips							
Thighs							
Calves							
B.M.I. (Body Mass Index)							
Cholesterol							
Resting Heart Rate							
Personal Fat Scale/Budget							



January 2007

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
NOTES:						
January 1: New Year's Day						

February 2007

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			
NOTES:						
February 2: Ground Hog Day February 14: Valentine's Day						