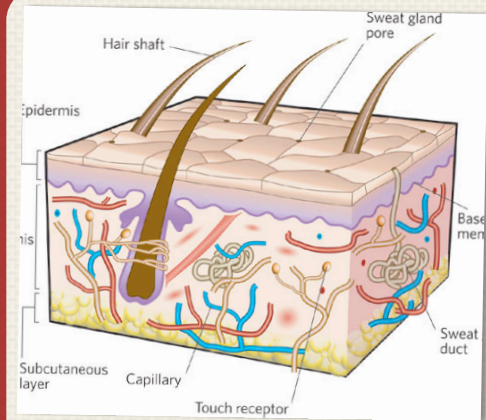


MAINTENANCE SCHEDULE



HEAD

- BRAIN EXERCISES (DAILY)
- EYE CHECK (ANNUALLY)
- HEARING CHECK (ANNUALLY)
- TEETH CLEANING (3 TIMES/YEAR)
- MEDITATION (DAILY)

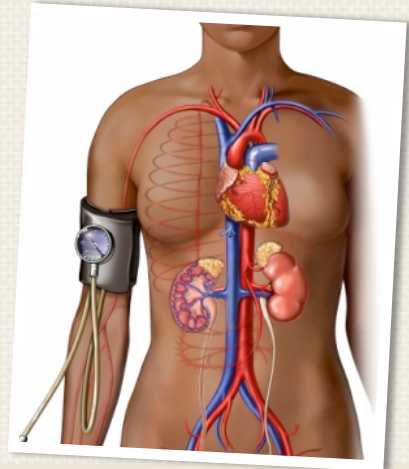


SKIN

- DERMATOLOGIST CHECK (ANNUALLY)
- SUNSCREEN (MORE THAN 15 MINUTES)

CARDIO-VASCULAR SYSTEM

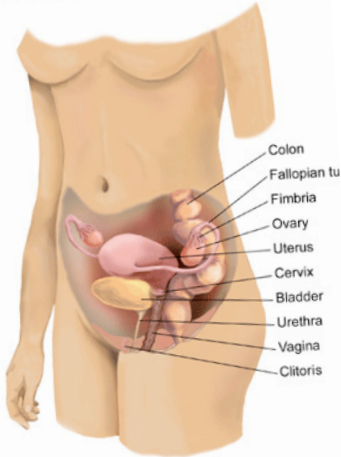
- AEROBIC EXERCISE (3 TIMES/WEEK)
- MONITOR BLOOD PRESSURE
- MONITOR CHOLESTEROL



MUSCULO-SKELETAL SYSTEM

- MUSCULO-EVALUATION
- FOOTCARE/ORTHOTICS EVALUATION
- BONE DENSITY SCAN
- WEIGHT RESISTANT EXERCISES (3 TIMES/WEEK)
- BALANCE ENHANCING/MAINTENANCE EXERCISES (3 TIMES/WEEK)

Female Reproductive System

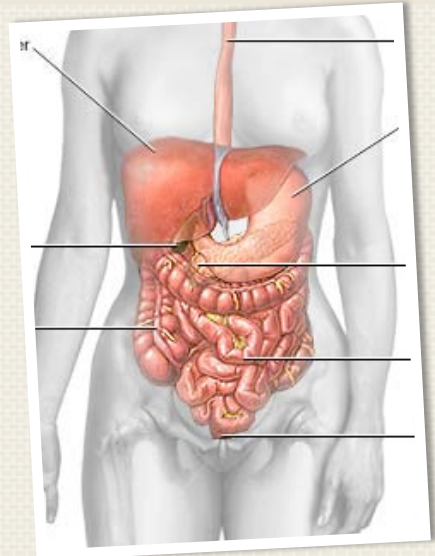


REPRODUCTIVE ORGANS

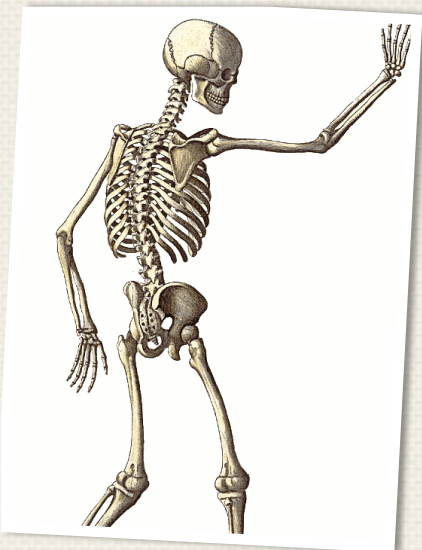
- MAMMOGRAM OR THERMOGRAPHY (ANNUALLY)
- BREAST SELF-EXAMINATION (WEEKLY)
- CARDIO-VASCULAR EXERCISE (3 TIMES/WEEK)
- MONITOR BLEEDING (KEEP A CHART MONTHLY)
- REGULAR GYNOCOLOGICAL EXAMS (ANNUALLY)

DIGESTIVE SYSTEM

- EAT A RAINBOW
- KEEP REGULAR (OR SEE SOMEONE)
- COLONOSCOPY (AS PER HISTORY AND DOCTOR RECOMMENDATION)



SUPPLEMENTS FOR ALL



- Co-Q10
- LIQUID CALCIUM MAGNESIUM
- FISH OIL
- VITAMIN D
- GARLIC
- GOOD MULTIVITAMIN