

Let Us Develop Your Own Unique Custom Calendar in 3 easy steps



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Step 1: Select the monthly topics.

Step 2: Select the photos or send us your own.

Step 3: Select the dates you want to customize.

January 2012

Record Exercise Minutes or Steps, Weight, etc.



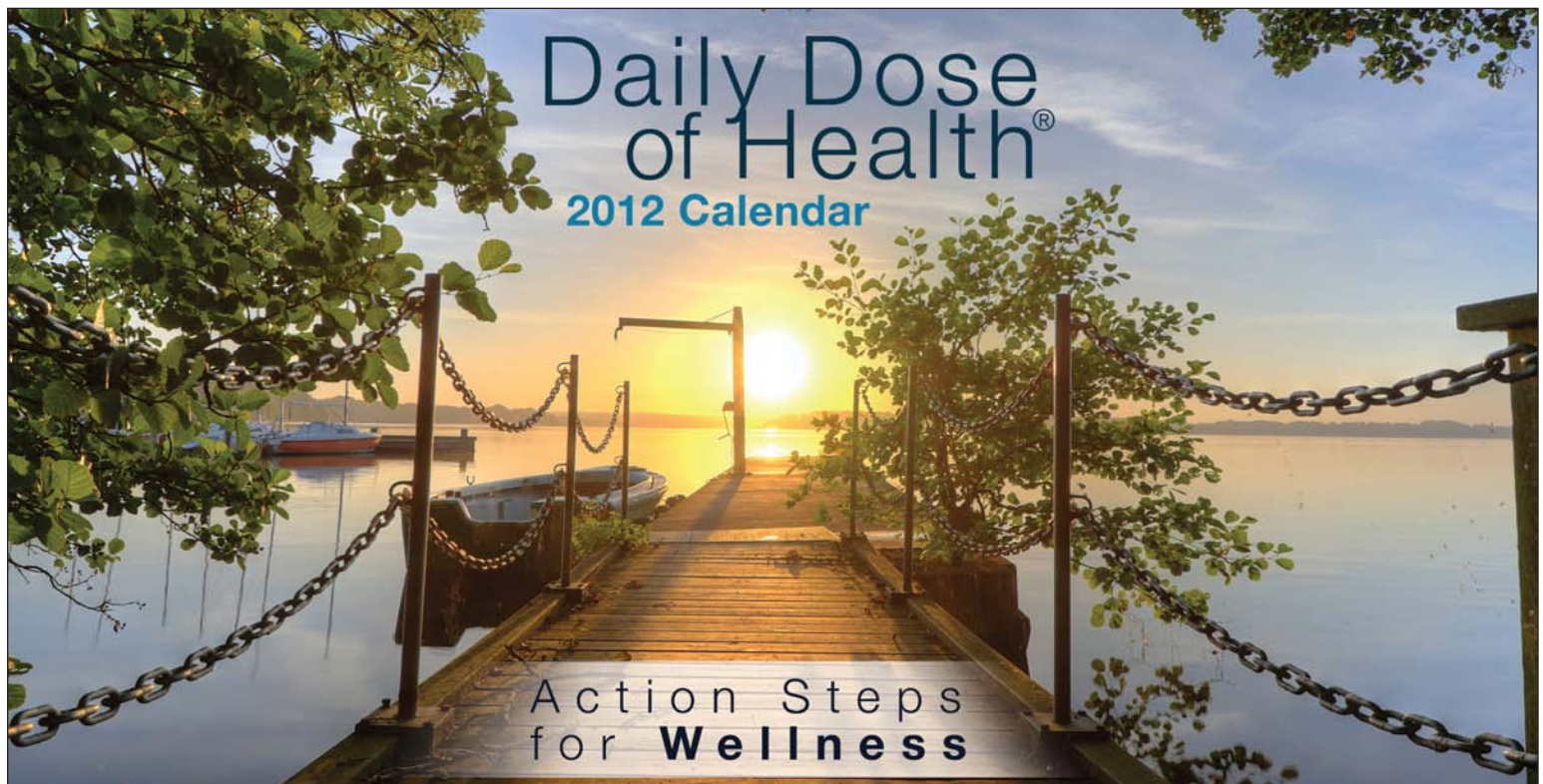
Drink six to eight glasses of water a day. Water helps to keep temperature normal, lubricate and cushions joints, protect sensitive tissues, and get rid of body waste.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 <small>New Year's Day Observed</small>	10	11	12	13	14
15	16	17	18	19	20	21

Step 1: Select the Monthly Topics.

Select which monthly topics you want and when.
Either choose the topics on the left side, in any order, or list your own topics.

Present Calendar		Your Calendar
January	New Years Resolutions	January
February	Healthy Eating	February
March	Nutrition	March
April	Stress Management	April
May	Blood Pressure	May
June	Fitness	June
July	Healthy Travel	July
August	Take Control of Your Health	August
September	Healthy Sleep	September
October	Mental Health	October
November	Diabetes Prevention	November
December	Wellness Gifts	December



Step 3: Choose Your Photos.

Select a photo for each month. Type the month under the photo.
Don't forget to choose a COVER photo (type "Cover" under the photo).
Or, send us your photos.



Month



Month



Month



Month



Month



Month



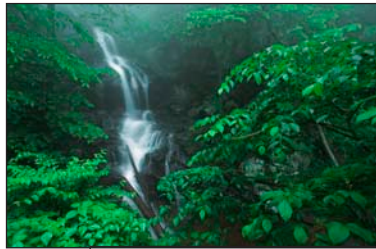
Month



Month



Month



Month



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Month



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Month

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Month



Month



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Month



Month

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 New Year's Day Observed	3	4	5	6	7
8	9	10	11	12	13	14
15 Healthy Weight Week	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23 Chinese New Year	24	25	26	27	28
29	30	31	Monthly Observances Cervical Health Awareness nccc-online.org/awareness.html Glaucoma Awareness preventblindness.org	December 2011 S M T W Th F S 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	February 2012 S M T W Th F S 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	

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2012 S M T W Th F S 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	March 2012 S M T W Th F S 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		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Lincoln's Birthday		Valentine's Day				
19	20	21	22	23	24	25
	Presidents' Day	Mardi Gras	Ash Wednesday Washington's Birthday			
26	27	28	29	Monthly Observances Cancer Prevention aicr.org Heart Health Awareness americanheart.org Wise Health Consumer HealthyLife.com		

Customized Dates:

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March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012 S M T W Th F S 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	April 2012 S M T W Th F S 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	Monthly Observances Colorectal Cancer Awareness preventcancer.org/colorectal Nutrition Awareness eatright.org		1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 
Daylight Saving Time Begins (Turn clocks ahead one hour.)						St. Patrick's Day
18	19	20 	21	22	23	24
		Spring Begins				
25	26	27	28	29	30	31

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fool's Day Palm Sunday	2	3	4	5	6 Good Friday Passover Begins at Sundown	7 World Health Day
8 Easter	9 Easter Monday (Canada)	10	11	12	13	14
15 Orthodox Easter	16 Tax Day	17	18	19	20	21
22 Earth Day	23	24	25 Administrative Professionals Day	26	27	28
29	30	Monthly Observances Alcohol Awareness samhsa.gov Parkinson's Disease Awareness pdf.org/en/parkinson_awareness	March 2012 S M T W Th F S 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	May 2012 S M T W Th F S 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		

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2012 S M T W Th F S 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	June 2012 S M T W Th F S 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	1	2	3	4	5
6	7	8	9	10	11	12
Nurse's day						Cinco de Mayo
13	14	15	16	17	18	19
Mother's Day Women's Health Week	Women's Checkup Day		Employee Health & Fitness Day			
20	21	22	23	24	25	26
	Victoria Day (Canada)					
27	28	29	30	31	Monthly Observances High Blood Pressure nhlbi.nih.gov Osteoporosis nof.org Physical Fitness & Sports fitness.gov	
	Memorial Day			World No Tobacco Day		

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2012 S M T W Th F S 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	July 2012 S M T W Th F S 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	Monthly Observances Men's Health <i>menshealthmonth.org</i> National Safety <i>nsc.org</i>			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Men's Health Week			Flag Day		
17	18	19	20	21	22	23
Father's Day			Summer Begins			
24	25	26	27	28	29	30

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Ramadan Begins	28
29	30	31	June 2012 S M T W Th F S 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	August 2012 S M T W Th F S 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	Monthly Observances Eye Injury Prevention and UV Safety aao.org	

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2012 S M T W Th F S 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	September 2012 S M T W Th F S 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		1	2	3	4
5	6 Civic Holiday (Canada)	7	8	9	10	11
12	13	14	15	16	17	18
19 Ramadan Ends	20	21	22	23	24	25
26	27	28	29	30	31	Monthly Observances Cataract Awareness aao.org Immunization Awareness cdc.gov

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2012 S M T W Th F S 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	October 2012 S M T W Th F S 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	Monthly Observances Cholesterol Education <i>nhlbi.nih.gov</i> Fruits & Veggies - More Matters <i>fruitsandveggiesmore</i> <i>matters.org</i>				1
2	3	4	5	6	7	8
	Labor Day					
9	10	11	12	13	14	15
		Patriot Day				
16	17	18	19	20	21	22
Rosh Hashanah Begins at Sundown						Autumn Begins
23	24	25	26	27	28	29
30		Yom Kippur Begins at Sundown				

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
7	8 <small>Columbus Day Thanksgiving Day (Canada)</small>	9	10	11	12	13	
14	15	16	17 <small>Boss's Day</small>	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31 <small>United Nations Day Halloween</small>	September 2012 S M T W Th F S 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		November 2012 S M T W Th F S 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	Monthly Observances Breast Cancer Awareness nbcam.org Depression, Mental Health mentalhealthscreening.org

Customized Dates:

Step 3: Customize Your Dates.

Under the month, write events to add or delete. Such as, open enrollment, health fair, company picnic.

November

































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2012 S M T W Th F S 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	December 2012 S M T W Th F S 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			1	2	3
4	5	6	7	8	9	10
Daylight Saving Time Ends (Turn clocks back one hour.)						
11	12	13	14	15	16	17
Veterans Day Remembrance Day (Canada)	Veterans Day Observed		World Diabetes Day	Islamic New Year Great American Smokeout		
18	19	20	21	22	23	24
		Child Day (Canada)		Thanksgiving Day Tie One On for Safety (through New Year's)		
25	26	27	28	29	30	Monthly Observances American Diabetes diabetes.org COPD Awareness aarc.org Lung Cancer Awareness alcase.org

Customized Dates:

Step 3: Customize Your Dates.

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December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2012 S M T W Th F S 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	January 2013 S M T W Th F S 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	Monthly Observances Drunk & Drugged Driving Prevention <i>ncadd.com</i> Red Ribbon Campaign <i>nhtsa.dot.gov</i>				1  World AIDS Day
2 	3 	4 	5 	6 	7 	8  Chanukah Begins at Sundown
9 	10 	11 	12 	13 	14 	15 
16 	17 	18 	19 	20 	21  	22 
23 	24 	25 	26 	27 	28 	29 
30 	31  New Year's Eve	Christmas Day	Kwanzaa Begins Boxing Day (Canada)			

Customized Dates:

Receive Your Quote

How many calendars do you wish to order? _____

Please fill in your contact information:

Name:

Title:

Company Name:

Address:

Phone:

Email:

Number of Employees/Members:

Please save and submit this pdf file to: aimp@healthylife.com. Or, fax to 248.539.1808.

You will be contacted with a custom quote.



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