



**This Planner
Belongs To:**

Date:

PERSONAL INFORMATION



PERSONAL INFORMATION

FULL NAME

NICKNAMES

ADDRESS

CITY

STATE

ZIP

BIRTHDAY

PLACE OF BIRTH

PHONE

WORK PHONE

SOCIAL SECURITY #

LICENSE #

PASSPORT

FATHER'S NAME

MOTHER'S NAME

OFFSPRINGS

IDENTIFICATION INFORMATION

HEIGHT

WEIGHT

EYE COLOR

HAIR COLOR

SKIN TONE

IDENTIFYING FEATURES

PERSONAL INFORMATION

MARITAL INFORMATION

MARRIAGE DATE

MARRIAGE PLACE

MARITAL STATUS

SINGLE

MARRIED

WIDOWED

DIVORCED

SEPARATED

SPOUSE NAMES

AGREEMENTS
(IF APPLICABLE)

NOTES

EMPLOYMENT INFORMATION

EMPLOYER

POSITION

START DATE

END
DATE

ADDRESS

PHONE

NOTES

CHILD INFORMATION

NAME

DATE OF BIRTH

ADDRESS:

SOCIAL SECURITY:

LICENSE:

PLACE OF BIRTH:

HEIGHT

GENDER

WEIGHT

BLOOD TYPE

EYE COLOR

HAIR COLOR

SCHOOL NAME:

ADDRESS:

SCHOOL PHONE:

MAIN DOCTOR NAME:

HOSPITAL:

CONTACT

ADDRESS:

MEDICAL CONDITIONS:

ALLERGIES:

OTHER CRUCIAL INFORMATION:

INSURANCE DETAILS:

HOME INFORMATION

DATE MOVED INTO PROPERTY:

ADDRESS

PEOPLE WHO LIVE HERE

MORTGAGE DETAILS

MORTGAGE WITH:

TYPE OF MORTGAGE:

MORTGAGE START DATE:

MORTGAGE END DATE:

TERMS:

TYPE OF PROPERTY:

DATE HOUSE BUILT:

AGE OF PROPERTY:

HOME IMPROVEMENT PLANS

PROPERTY INFORMATION

PROPERTY NAME:

OWNER:

ADDRESS:

STATE ZIP

PROPERTY MANAGER:

PHONE:

EMAIL:

OWNER:

VALUE

PHONE:

SALES PRICE

ID#

UNITS

YEAR BUILD:

RENT

BUILDING SIZE:

LOT SIZE:

PROPERTY DETAILS:

TYPE OF RENTAL	HOUSE	ROOM	APARTMENT
CITY VILLA	CONDO	LOFT	COMMERCIAL
PROVIDERS	CONTACT INFORMATION		MONTHLY AVERAGE
ELECTRICITY			
WATER			
WASTE MANAGEMENT			
INSURANCE			
GAS			

HOME INSURANCE INFORMATION

INSURANCE COVERS

RATES/COST

HOME INSURANCE COMPANY:

POLICY NUMBER:

CONTACT NUMBER:

DATE OF CLAIM	DESCRIPTION OF CLAIM	DATE PAID	COMPLETED

NOTES:

PET INFORMATION

NAME			
BREED		COLOR	
GENDER		WEIGHT	
DATE OF BIRTH		AGE ADOPTED	

MICROCHIP NUMBER	PROFILE PICTURE	
COLLAR TAG NUMBER		
SPECIAL MARKINGS		
EYE COLOR		
BLOOD TYPE		
SPAYED		NEUTERED
BREEDER/SELLER INFORMATION		

NAME:

ADDRESS:

CITY

STATE

ZIP CODE:

EMAIL:

NOTES:

MEDICAL INFORMATION



PERSONAL MEDICAL INFORMATION

NAME:

DATE OF BIRTH:

PLACE OF BIRTH:

HOME ADDRESS:

MOBILE NO:

HOME CONTACT NO:

EMAIL:

HEIGHT:

CURRENT WEIGHT:

MEDICAL CONDITIONS:

ASSISTIVE DEVICES:

ALLERGIES

MEDICATIONS

REACTIONS

BLOOD TYPE:

GENOTYPE:

SOCIAL SECURITY NUMBER:

PERSONAL MEDICAL HISTORY

NAME:

ALCOHOLISM		HEART ATTACK		THYROID PROBLEMS	
BLOOD PRESSURE		HEART DISEASE		TETANUS	
ALZHEIMER'S		HEPATITIS		UTI	
ARTHRITIS		HIV		ULCER	
ANXIETY		KIDNEY DISEASES		VERTIGO	
ASTHMA		LIVER DISEASE		VITAMIN DEFICIENCY	
ANEMIA		LUPUS		VISUAL IMPAIRMENT	
ANAPHYLAXIS		MIGRAINE			
AMBLYOPIA		MENTAL ILLNESS			
BREAST CANCER		OBESITY			
BOWEL DISEASE		OSTEOPOROSIS			
BLOOD CLOTS		OCD			
BIPOLAR DISORDER		PROSTATE CANCER			
BRONCHITIS		PTSD		NOTES	
CARDIOVASCULAR DISEASE		PARKINSON'S			
CERVICAL CANCER		SEIZURES			
COPD		STROKE			
CROHN'S DISEASE		STDS			
CHOLESTEROL		SLEEP APNEA			
DIABETES		SCHIZOPHRENIA			
DRUG ADDICTION		SKIN CANCER			
DEPRESSION		SICKLE CELL ANEMIA			
HEARING IMPAIRMENT		TUBERCULOSIS			

SURGICAL HISTORY

DATE OF SURGERY:

PROCEDURE:

SURGEON'S NAME:

FACILITY:

PREOPERATIVE DIAGNOSIS:

LENGTH OF HOSPITAL STAY:

POST-OPERATIVE DIAGNOSIS:

MEDICATIONS:

FOLLOW-UP APPOINTMENTS:

NOTES:

HOSPITALIZATION & ER

NAME:

DATE:

REASON:

DOCTOR SEEN:

ADMISSION RATES:

DISCHARGE DATES:

LENGTH OF STAY:

DIAGNOSIS:

TREATMENT:

COMPLICATIONS/NOTES:

NAME:

DATE:

REASON:

DOCTOR SEEN:

ADMISSION RATES:

DISCHARGE DATES:

LENGTH OF STAY:

DIAGNOSIS:

TREATMENT:

COMPLICATIONS/NOTES:

RADIOLOGY TESTS

DATE AND TIME:

TEST TYPE:

ADDRESS:

CONTACT DETAILS:

RADIOLOGIST:

REASON FOR TEST:

ALLERGIES & PREVIOUS TEST RESULTS:

PRE-TEST INSTRUCTIONS:

RESULTS OF THE TEST:

FOLLOW-UP RECOMMENDATIONS:

LAB RESULTS TRACKER

Test Name:	Test Name:
Date:	Date:
Results:	Results:
Test Name:	Test Name:
Date:	Date:
Results:	Results:
Test Name:	Test Name:
Date:	Date:
Results:	Results:

HOSPITAL / URGENT CARE / IMAGING CENTER

NAME:

PATIENT PORTAL WEBSITE:

PHONE:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PATIENT PORTAL WEBSITE:

PHONE:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PATIENT PORTAL WEBSITE:

PHONE:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PATIENT PORTAL WEBSITE:

PHONE:

USERNAME:

PASSWORD:

LOCATION:

FAMILY MEDICAL HISTORY

MOTHER	M	FATHER		F	GRANDPARENTS				GP	SIBLINGS			S
		M	F		GP	S			M	F	GP	S	
ALCOHOLISM							HEART ATTACK						
BLOOD PRESSURE							HEART DISEASE						
ALZHEIMER'S							HEPATITIS						
ARTHRITIS							CHOLESTEROL						
ANXIETY							HIV						
ASTHMA							KIDNEY DISEASES						
ANEMIA							MIGRAINE						
ANAPHYLAXIS							LIVER DISEASE						
AMBLYOPIA							MENTAL ILLNESS						
BREAST CANCER							BREAST CANCER						
BOWEL DISEASE							OBESITY						
BLOOD CLOTS							OSTEOPOROSIS						
BIPOLAR DISORDER							OCD						
BOWEL DISEASE							PROSTATE CANCER						
BRONCHITIS							PTSD						
CARDIOVASCULAR							SEIZURES						
CERVICAL CANCER							STROKE						
COPD							STDs						
CROHN'S DISEASE							SLEEP APNEA						
DEPRESSION							SCHIZOPHRENIA						
DIABETES							SKIN CANCER						
DRUG ADDICTION							TUBERCULOSIS						
HEARING IMPAIRMENT							THYROID PROBLEMS						

FAMILY MEDICAL HISTORY

	M	F	GP	S	
UTI					MOTHER NAME
ULCER					DATE OF BIRTH:
VERTIGO					FATHER NAME
VITAMIN DEFICIENCY					
VISUAL IMPAIRMENT					DATE OF BIRTH:
KIDNEY DISEASES					GRANDFATHER NAME
PARKINSON'S					
LUPUS					DATE OF BIRTH:
					GRANDMOTHER NAME
					DATE OF BIRTH:
					SIBLINGS NAME
					DATE OF BIRTH:
					MATERNAL GRANDMOTHER
					DATE OF BIRTH:
SIBLINGS NAME					MATERNAL GRANDMOTHER
DATE OF BIRTH:					DATE OF BIRTH:

MEDICAL CONTACT INFORMATION

SPECIALTY:

NAME:

PHONE:

EMAIL:

LOCATION:

SPECIALTY:

NAME:

PHONE:

EMAIL:

LOCATION:

SPECIALTY:

NAME:

PHONE:

EMAIL:

LOCATION:

SPECIALTY:

NAME:

PHONE:

EMAIL:

LOCATION:

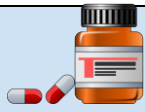
SPECIALTY:

NAME:

PHONE:

EMAIL:

LOCATION:



PHARMACY INFORMATION



NAME:

PHONE:

WEBSITE:

FAX:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PHONE:

WEBSITE:

FAX:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PHONE:

WEBSITE:

FAX:

USERNAME:

PASSWORD:

LOCATION:

NAME:

PHONE:

WEBSITE:

FAX:

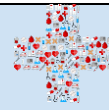
USERNAME:

PASSWORD:

LOCATION:



EMERGENCY CONTACTS



NAME:

ADDRESS:

CITY:

STATE/ZIP:

HOME PH #:

WORK PH #:

CELL PH #:

RELATIONSHIP:

NAME:

ADDRESS:

CITY:

STATE/ZIP:

HOME PH #:

WORK PH #:

CELL PH #:

RELATIONSHIP:

NAME:

ADDRESS:

CITY:

STATE/ZIP:

HOME PH #:

WORK PH #:

CELL PH #:

RELATIONSHIP:

NAME:

ADDRESS:

CITY:

STATE/ZIP:

HOME PH #:

WORK PH #:

CELL PH #:

RELATIONSHIP:

MONTHLY MEDICATION TRACKER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1	<input type="checkbox"/>	1	<input type="checkbox"/>	1	<input type="checkbox"/>	1	<input type="checkbox"/>
2	<input type="checkbox"/>	2	<input type="checkbox"/>	2	<input type="checkbox"/>	2	<input type="checkbox"/>
3	<input type="checkbox"/>	3	<input type="checkbox"/>	3	<input type="checkbox"/>	3	<input type="checkbox"/>
4	<input type="checkbox"/>	4	<input type="checkbox"/>	4	<input type="checkbox"/>	4	<input type="checkbox"/>
5	<input type="checkbox"/>	5	<input type="checkbox"/>	5	<input type="checkbox"/>	5	<input type="checkbox"/>
6	<input type="checkbox"/>	6	<input type="checkbox"/>	6	<input type="checkbox"/>	6	<input type="checkbox"/>
7	<input type="checkbox"/>	7	<input type="checkbox"/>	7	<input type="checkbox"/>	7	<input type="checkbox"/>
8	<input type="checkbox"/>	8	<input type="checkbox"/>	8	<input type="checkbox"/>	8	<input type="checkbox"/>
9	<input type="checkbox"/>	9	<input type="checkbox"/>	9	<input type="checkbox"/>	9	<input type="checkbox"/>
10	<input type="checkbox"/>	10	<input type="checkbox"/>	10	<input type="checkbox"/>	10	<input type="checkbox"/>
11	<input type="checkbox"/>	11	<input type="checkbox"/>	11	<input type="checkbox"/>	11	<input type="checkbox"/>
12	<input type="checkbox"/>	12	<input type="checkbox"/>	12	<input type="checkbox"/>	12	<input type="checkbox"/>
13	<input type="checkbox"/>	13	<input type="checkbox"/>	13	<input type="checkbox"/>	13	<input type="checkbox"/>
14	<input type="checkbox"/>	14	<input type="checkbox"/>	14	<input type="checkbox"/>	14	<input type="checkbox"/>
15	<input type="checkbox"/>	15	<input type="checkbox"/>	15	<input type="checkbox"/>	15	<input type="checkbox"/>
16	<input type="checkbox"/>	16	<input type="checkbox"/>	16	<input type="checkbox"/>	16	<input type="checkbox"/>
17	<input type="checkbox"/>	17	<input type="checkbox"/>	17	<input type="checkbox"/>	17	<input type="checkbox"/>
18	<input type="checkbox"/>	18	<input type="checkbox"/>	18	<input type="checkbox"/>	18	<input type="checkbox"/>
19	<input type="checkbox"/>	19	<input type="checkbox"/>	19	<input type="checkbox"/>	19	<input type="checkbox"/>
20	<input type="checkbox"/>	20	<input type="checkbox"/>	20	<input type="checkbox"/>	20	<input type="checkbox"/>
21	<input type="checkbox"/>	21	<input type="checkbox"/>	21	<input type="checkbox"/>	21	<input type="checkbox"/>
22	<input type="checkbox"/>	22	<input type="checkbox"/>	22	<input type="checkbox"/>	22	<input type="checkbox"/>
23	<input type="checkbox"/>	23	<input type="checkbox"/>	23	<input type="checkbox"/>	23	<input type="checkbox"/>
24	<input type="checkbox"/>	24	<input type="checkbox"/>	24	<input type="checkbox"/>	24	<input type="checkbox"/>
25	<input type="checkbox"/>	25	<input type="checkbox"/>	25	<input type="checkbox"/>	25	<input type="checkbox"/>
26	<input type="checkbox"/>	26	<input type="checkbox"/>	26	<input type="checkbox"/>	26	<input type="checkbox"/>
27	<input type="checkbox"/>	27	<input type="checkbox"/>	27	<input type="checkbox"/>	27	<input type="checkbox"/>
28	<input type="checkbox"/>	28	<input type="checkbox"/>	28	<input type="checkbox"/>	28	<input type="checkbox"/>
29	<input type="checkbox"/>	29	<input type="checkbox"/>	29	<input type="checkbox"/>	29	<input type="checkbox"/>
30	<input type="checkbox"/>	30	<input type="checkbox"/>	30	<input type="checkbox"/>	30	<input type="checkbox"/>
31	<input type="checkbox"/>	31	<input type="checkbox"/>	31	<input type="checkbox"/>	31	<input type="checkbox"/>

MEDICATION, VITAMINS, & SUPPLEMENTS

NAME:

DOSAGE:

FREQUENCY:

DATE STARTED:

DATE ENDED:

SIDE EFFECTS:

NAME:

DOSAGE:

FREQUENCY:

DATE STARTED:

DATE ENDED:

SIDE EFFECTS:

NAME:

DOSAGE:

FREQUENCY:

DATE STARTED:

DATE ENDED:

SIDE EFFECTS:

NAME:

DOSAGE:

FREQUENCY:

DATE STARTED:

DATE ENDED:

SIDE EFFECTS:



INSURANCE INFORMATION



INSURANCE COMPANY:

PLAN TYPE:

POLICYHOLDER:

GROUP:

ID #:

PHONE #:

WEBSITE:

USERNAME:

PASSWORD:

INSURANCE COMPANY:

PLAN TYPE:

POLICYHOLDER:

GROUP:

ID #:

PHONE #:

WEBSITE:

USERNAME:

PASSWORD:

INSURANCE COMPANY:

PLAN TYPE:

POLICYHOLDER:

GROUP:

ID #:

PHONE #:

WEBSITE:

USERNAME:

PASSWORD:

INSURANCE COMPANY:

PLAN TYPE:

POLICYHOLDER:

GROUP:

ID #:

PHONE #:

WEBSITE:

USERNAME:

PASSWORD:

DOCTOR VISITS TRACKER

NAME:

DATE:

TIME:

DOCTOR:

CONTACT INFO:

LOCATION:

REASONS FOR VISIT:

DIAGNOSIS:

PRESCRIPTIONS	PRESCRIPTION INSTRUCTIONS

NOTES AND QUESTIONS:

DOCTOR'S COMMENTS / NOTES:

COMPLETED

CANCELED

RESCHEDULED TO:

FOLLOW UP DATE:

MEDICAL APPOINTMENT PLANNER

DATE AND TIME:

DOCTOR:

ADDRESS:

REASON FOR VISIT:

QUESTIONS

ANSWERS

PLAN AHEAD:

DATE AND TIME:

DOCTOR:

ADDRESS:

REASON FOR VISIT:

QUESTIONS

ANSWERS

PLAN AHEAD:

FOOD SENSITIVITY TRACKER

DATE:

DAY: S M T W T F S

SLEEP QUALITY: SO SO - GOOD - GREAT

**B
R
E
A
K
F
A
S
T**

FOOD/DRINK

TIME

REACTION

Symptoms:

NOTES:



MEDICATION:

**L
U
N
C
H**

FOOD/DRINK

TIME

REACTION

Symptoms:

NOTES:




MEDICATION:

S N A C K S	FOOD/DRINK	TIME	REACTION



Symptoms:

NOTES:









MEDICATION:




D I N N E R	FOOD/DRINK	TIME	REACTION



Symptoms:

NOTES:

DAILY BOWEL MOVEMENTS:



WATER INTAKE:

ACTIVITY LEVEL:





FINANCIAL MATTERS



Accounts Tracker

ACCOUNT - 1

Name On Account:

Financial Institution:

Account #:

Account TYpe:

Card Number:

Routing/Transit #:

Other:

Notes:

ACCOUNT - 2

Name On Account:

Financial Institution:

Account #:

Account TYpe:

Card Number:

Routing/Transit #:

Other:

Notes:

ACCOUNT - 3

Name On Account:

Financial Institution:

Account #:

Account TYpe:

Card Number:

Routing/Transit #:

Other:

Notes:

CREDIT CARD INFORMATION

CREDIT CARD ACCOUNT No.			
CARD ISSUER		CARD TYPE	
CARD HOLDER			
EXPIRATION DATE		DUE DATE	
BILLING CYCLE START DATE		END DATE	
WEBSITE		CONTACT	
USERNAME		SECURITY CODE	
PASSWORD		CREDIT LIMIT	

NOTES

CREDIT CARD ACCOUNT No.			
CARD ISSUER		CARD TYPE	
CARD HOLDER			
EXPIRATION DATE		DUE DATE	
BILLING CYCLE START DATE		END DATE	
WEBSITE		CONTACT	
USERNAME		SECURITY CODE	
PASSWORD		CREDIT LIMIT	

NOTES

CREDIT CARD INFORMATION

CREDIT CARD ACCOUNT No.			
CARD ISSUER		CARD TYPE	
CARD HOLDER			
EXPIRATION DATE		DUE DATE	
BILLING CYCLE START DATE		END DATE	
WEBSITE		CONTACT	
USERNAME		SECURITY CODE	
PASSWORD		CREDIT LIMIT	

NOTES

CREDIT CARD ACCOUNT No.			
CARD ISSUER		CARD TYPE	
CARD HOLDER			
EXPIRATION DATE		DUE DATE	
BILLING CYCLE START DATE		END DATE	
WEBSITE		CONTACT	
USERNAME		SECURITY CODE	
PASSWORD		CREDIT LIMIT	

NOTES

INVESTMENT TRACKER

INVESTMENT NAME

INVESTMENT TYPE

INVESTMENT DATE:

INITIAL AMOUNT

CURRENT VALUE

ROI %

NOTES

INVESTMENT NAME

INVESTMENT TYPE

INVESTMENT DATE:

INITIAL AMOUNT

CURRENT VALUE

ROI %

NOTES

VALUABLES IN STORAGE

SAFETY DEPOSIT BOX

BANK NAME		BOX #	
ADDRESS			
CITY		STATE	ZIP
ACCESS DETAILS			

CONTENTS DESCRIPTION

--	--	--	--

BANK NAME		BOX #	
ADDRESS			
CITY		STATE	ZIP
ACCESS DETAILS			

CONTENTS DESCRIPTION

--	--	--	--

VALUABLES IN STORAGE

STORAGE UNITS

STORAGE		BOX #	
ADDRESS			
CITY		STATE	ZIP
ACCESS DETAILS			

CONTENTS DESCRIPTION

--	--

STORAGE		BOX #	
ADDRESS			
CITY		STATE	ZIP
ACCESS DETAILS			

CONTENTS DESCRIPTION

--	--

IMPORTANT DOCUMENTS



Important Documents

Life Is Not Just About The Years We Spend Living; It's Also About How We Plan For The Inevitable. End-of-life Planning May Seem Daunting, But It's A Practical And Essential Step To Ensure A Smooth Transition For Our Loved Ones.

Let's Dive Into The Key Documents You Need And Practical Tips To Make It Happen:

- **Living Trust:** Allows You To Manage Your Estate And Assets While You're Alive And After You Pass Away.
- **Living Will:** Ensures Your Medical Decisions And Preferences Are Followed If You Become Incapacitated And Cannot Express Them.
- **Last Will And Testament:** Details How Your Assets Should Be Handled And Who Will Care For Any Dependents After You Pass.
- **Power Of Attorney (POA) Documents:** Designate Someone To Make Legal, Financial, Medical, Or Business Decisions On Your Behalf If You Can't Do So.

Important Documents

- **Healthcare POA/Durable Medical POA:** Designates A Person To Make Medical Decisions.
- **Durable POA For Finances:** Authorizes Someone To Handle Your Financial Affairs.
- **Organ/Tissue Donor Designation:** Documents Your Decision To Donate Organs Or Tissues Upon Your Death.
- **Domestic Partnership Agreement (If Applicable):** Establishes Legal Rights And Responsibilities For Long-term Partnerships.
- **A Do Not Resuscitate (DNR):** DNR Order Is An Important Document To Include In Your End-of-life Planning. Also Known As An "Allow Natural Death" Or "No-code" Order, A DNR Communicates Your Preference To Medical Professionals That You Do Not Wish To Receive Life-sustaining Treatment In The Event Of Cardiac Or Respiratory Arrest. It Ensures That Your Wishes Are Respected And Followed By Healthcare Providers.

Important Documents

- **Revocable Living Trust:** A Legal Entity To Manage And Distribute Your Property After Your Death, Avoiding Probate.
- **Beneficiary Designations For Non-Probate Assets:** Designate Beneficiaries For Assets That Transfer Directly To Them, Bypassing Probate.
- **Pet Trust:** Establishes A Trust To Ensure The Care And Well-being Of Your Pets After Your Death.
- **Life Insurance:** Provides Financial Protection For Your Loved Ones After Your Death.
- **End-of-life Housing Arrangements:** Consider Where You'd Prefer To Live During Your Final Days And Communicate Your Wishes To Your Loved Ones.
- **Instructions For Digital Assets:** Keep Track Of Your Digital Accounts, Passwords, And Designate Someone To Manage Them After Your Death.

LIVING WILL WORKSHEET

1

A Living Will Is A Legal Document That Allows Individuals To Express Their Healthcare Wishes In Advance, Ensuring Their Preferences For Medical Treatment Are Honored Even If They Are Unable To Communicate Them

Later

DECLARATION OF INTENT

PRINCIPAL I, _____ RESIDING AT

DECLARE THAT I AM OF SOUND MIND AND NOT UNDER ANY DURESS, FRAUD,
OR UNDUE INFLUENCE. I VOLUNTARILY MAKE THIS LIVING WILL.

INSTRUCTIONS FOR MEDICAL PERSONNEL

I DIRECT MY ATTENDING PHYSICIAN AND OTHER MEDICAL PERSONNEL TO FOLLOW THE INSTRUCTIONS BELOW:

IF TWO OR MORE PHYSICIANS WHO HAVE PERSONALLY EXAMINED ME DETERMINE THAT I AM IN AN INCURABLE OR IRREVERSIBLE MENTAL OR PHYSICAL CONDITION WITH NO REASONABLE CHANCE OF RECOVERY, PLEASE WITHHOLD OR WITHDRAW ANY TREATMENT THAT ONLY SERVES TO PROLONG THE PROCESS OF MY DYING.

IF TWO OR MORE PHYSICIANS WHO HAVE PERSONALLY EXAMINED ME DETERMINE THAT I AM IN A CURABLE OR REVERSIBLE MENTAL OR PHYSICAL CONDITION WITH A REASONABLE CHANCE OF RECOVERY, EVEN IF IT IS SLIGHT, PLEASE DO NOT WITHHOLD OR WITHDRAW ANY TREATMENT THAT PROLONGS THE PROCESS OF MY DYING.

THESE INSTRUCTIONS APPLY IF I AM UNABLE TO MAKE DECISIONS AND HAVE ANY OF THE FOLLOWING CONDITIONS:

TERMINAL CONDITION	END-STAGE CONDITION
PERSISTENT VEGETATIVE STATE	SLIGHT POSSIBILITY OF RECOVERY
OTHERS:	

ADDITIONAL INSTRUCTIONS

AFTER DISCUSSING WITH MY PHYSICIAN, I MAY PROVIDE SPECIFIC INSTRUCTIONS REGARDING CERTAIN TREATMENTS IN THE SPACE BELOW. I WILL INDICATE WHETHER I WANT OR DO NOT WANT EACH TREATMENT IN SPECIFIC CIRCUMSTANCES.



I SIGN THIS LIVING WILL ON THE _____ DAY OF _____ YEAR_____

A Last Will And Testament Is A Legal Document That Allows Individuals To Specify Their Wishes Regarding The Distribution Of Their Property, Assets, And Belongings After Their Death.

INTRODUCTION AND DECLARATION

I, _____, BEING OF SOUND MIND AND MENTAL CAPACITY, DECLARE THIS DOCUMENT AS MY LEGAL LAST WILL AND TESTAMENT. I HEREBY REVOKE ANY PREVIOUS WILLS, TESTAMENTS, AND CODICILS THAT ARE NOT INCLUDED HEREIN. I APPOINT THE FOLLOWING INDIVIDUALS AS EXECUTORS TO MANAGE MY FINANCES, PROPERTIES, ASSETS, DEBTS, AND PAYMENTS, AND TO DISTRIBUTE MY ITEMS AND ASSETS TO MY HEIRS AS INSTRUCTED BELOW:

APPOINTMENT OF EXECUTORS

EXECUTOR	
RELATION	
ADDRESS	
PHONE	

ALTERNATE EXECUTOR - IF THE EXECUTOR LISTED ABOVE IS UNABLE OR UNWILLING TO SERVE, PLEASE CONTACT THE FOLLOWING INDIVIDUAL:

EXECUTOR	
RELATION	
ADDRESS	
PHONE	

EXECUTOR'S AUTHORITY AND COMPENSATION

THE EXECUTOR IS AUTHORIZED TO DISTRIBUTE MY PROPERTY AND ASSETS TO MY HEIRS ACCORDING TO THIS LAST WILL AND TESTAMENT. THEY HAVE THE AUTHORITY TO SELL, LEASE, MORTGAGE, DONATE, OR DISPOSE OF ANY PROPERTIES I OWN AT THE TIME OF MY DEATH. THE EXECUTOR SHALL SETTLE ALL MY DEBTS, BOTH PERSONAL AND BUSINESS, PAY ALL FEES, FINES, AND EXPENSES RELATED TO THE DISTRIBUTION OF MY ESTATE, AND COVER FUNERAL, ADMINISTRATION, LEGAL, AND MEDICAL FEES, AS WELL AS FINAL TAXES.

THE EXECUTOR SHALL RECEIVE _____% OF MY ESTATE AS THEIR COMPENSATION, TO BE PAID FROM THE VALUE OF MY ESTATE.

CONTINGENCY PLAN FOR UNCLAIMED REMAINDER

IN THE EVENT THAT ANY OF THE AFOREMENTIONED BENEFICIARIES ARE DECEASED AT THE TIME OF DISTRIBUTION, OR IF THEY ARE UNWILLING OR UNABLE TO ACCEPT THEIR PORTION OF MY ESTATE, THE UNCLAIMED REMAINDER SHALL GO TO THE FOLLOWING PERSON OR ENTITY, WITH ANY SPECIAL

INSTRUCTIONS AS STATED BELOW:

NAME	
RELATION	
INSTRUCTIONS	

DETAILED CONTACTS INFO.

NAME:

DATE OF BIRTH:

PLACE OF BIRTH:

HOME ADDRESS:

ZIP CODE:

STATE:

MOBILE NO:

HOME CONTACT NO:

WORK CONTACT:

EMAIL:

JOB TITLE:

COMPANY:

WORK ADDRESS:

SPOUSE

PARENTS

CHILDREN

SIBLINGS

FRIEND

SPOUSE:

ANNIVERSARY:

CHILDRENS:

BIRTHDAYS:

NOTES

END OF LIFE ARRANGEMENTS



FUNERAL ARRANGEMENTS

PREFERRED FUNERAL HOME

FUNERAL HOME

ADDRESS

CONTACT

FUNERAL EXPENSES

I HAVE PREPAID FUNERAL EXPENSES

NOTES

FUNERAL POLICY

POLICY #

COMPANY

CONTACT

FUNERAL PREFERENCES

RELIGIOUS AFFILIATION

SONGS:

FLOWERS:

READINGS:

END OF LIFE WORKSHEET

FULL LEGAL NAME

DATE OF BIRTH

PREFERRED HOSPITAL

ATTENDING DOCTOR

MEDICAL POWER OF ATTORNEY (POA)

I WOULD LIKE TO DESIGNATE A MEDICAL POWER OF ATTORNEY (POA) TO MAKE HEALTHCARE DECISIONS ON MY BEHALF IF I BECOME UNABLE TO COMMUNICATE OR MAKE DECISIONS.

POWER OF ATTORNEY NAME

RELATIONSHIP

CONTACT

ADDRESS

NOTES

END-OF-LIFE CARE PREFERENCES

PREFERRED
LOCATION
FOR END-OF-
LIFE CARE

INDIVIDUALS I
WOULD LIKE TO
HAVE PRESENT
DURING END-OF-
LIFE CARE AND
DEATH

NOTES

PREFERENCES FOR LIFE SUPPORT

PREFERENCES



In The Event Of No Pulse Or Breathing, I Would Like CPR (Resuscitation) To Be Attempted.

I Do Not Wish To Have Resuscitation Attempts (DNR) If There Is No Pulse Or Breathing.

Unless My Quality Of Life Meets The Following Parameters, I Would Like Medical Staff To Use Life-saving Measures, Including Medication, Surgery, Or Life Support

Persistent Vegetative State Or Coma.

Full Dependence On Others For Daily Care.

Severe, Unimproving Pain.

Inability To Communicate By Any Means.

Lack Of Recognition Of Anyone.

I Do Not Want The Following Life-Support Measures (Check All That Apply)

Feeding Tube

Intravenous (IV) Fluids

Breathing Tube

Antibiotics

Painkillers

END OF LIFE DIRECTIVES

FOR FAMILY
MEMBER

LAST WILL AND TESTAMENT

LOCATION OF DOCUMENT:

EXECUTOR:

PHONE:

PREPARED BY:

PHONE:

ADDRESS:

TRUST AGREEMENT

LOCATION OF DOCUMENT:

TRUSTEE:

PHONE:

PREPARED BY:

PHONE:

ADDRESS:

HEALTH CARE POWER OF ATTORNEY

LOCATION OF DOCUMENT:

PERSON:

PHONE:

PREPARED BY:

PHONE:

ADDRESS:

FINANCIAL POWER OF ATTORNEY

LOCATION OF DOCUMENT:

PERSON:

PHONE:

PREPARED BY:

PHONE:

ADDRESS:

BODY DISPOSAL WORKSHEET

1

Body Disposal Planning Ensures That Your Wishes Regarding Organ Donation, Cremation, Burial, Or Other Methods Of Body Disposition Are Honored. By Making These Decisions In Advance, You Can Alleviate The Burden On Your Loved Ones, And Ensure Your Final Wishes Are Respected.

NAME		DATE	
-------------	--	-------------	--

ORGAN DONATION

<input type="checkbox"/>	I WISH TO BECOME AN ORGAN AND TISSUE DONOR
<input type="checkbox"/>	I WISH TO BECOME AN ORGAN AND TISSUE DONOR, EXCLUDING:
<input type="checkbox"/>	I WOULD LIKE TO DONATE MY ENTIRE BODY FOR MEDICAL RESEARCH

RESEARCH FACILITY	
ADDRESS	
PHONE	

BODY DISPOSAL

<input type="checkbox"/>	CREMATION IS MY PREFERRED METHOD OF BODY DISPOSAL
<input type="checkbox"/>	I DO NOT WANT ANY ALTERATIONS MADE TO MY BODY
<input type="checkbox"/>	I WOULD LIKE TO BE EMBALMED
<input type="checkbox"/>	I PREFER AQUAMATION (WATER CREMATION)

NOTES

--

FINAL RESTING CHECKLIST

I WOULD LIKE TO BE BURIED IN CASKET

I WOULD LIKE TO BE BURIED IN URN

I WOULD LIKE TO BE BURIED IN ECO-FRIENDLY CONTAINER

I WOULD LIKE TO BE BURIED AT SEA.

CEMETERY

CONTACT

ADDRESS

I WOULD LIKE MY BODY LAID TO REST IN CRYPT

I WOULD LIKE MY BODY LAID TO REST IN MAUSOLEUM

ASHES

I WOULD LIKE MY ASHES TO BE SCATTERED.

I WOULD PREFER MY LOVED ONES TO CHOOSE THE TIME AND PLACE OF SCATTERING.


SPECIFIC PARAMETERS FOR SCATTERING

I WOULD LIKE MY ASHES TO BE DISPLAYED.

I WOULD RATHER HAVE MY LOVED ONES DECIDE ON THE CONTAINER AND THE ULTIMATE PLACEMENT FOR THE ASHES.

SPECIFIC PARAMETERS FOR DISPLAY OF ASHES

FINAL WISHES

LAST WISHES	NOTES	
Eternal Love: I Want My Loved Ones To Know That My Love For Them Is Everlasting.		
Finding Peace: I Desire My Family And Friends To Find Solace And Peace Knowing That I Have Found Tranquility.		
Embracing Joy: I Encourage My Family And Friends To Embrace The Happiness And Good Times We Had Together.		
Harmonious Relationships: I Hope For My Loved Ones To Reconcile With Each Other, Fostering Harmonious And Loving Relationships.		
Seeking Support: I Recommend Seeking Counseling Or Support To Help Cope With Any Lingering Grief Or Sorrow.		
Guilt-free Lives: I Want My Dear Ones To Live Their Lives Free From Any Guilt About My Absence, Embracing Personal Growth And Moving Forward.		
Fond Remembrance: I Want My Family And Friends To Remember Me With Fondness, Celebrating The Joyous Moments We Shared Instead Of Dwelling In Sadness.		
Positive Impact: I Want My Family And Friends To Utilize Any Inheritance Or Gifts I Have Provided Them To Enhance Their Own Lives, Care For Their Families, And Make Positive Contributions To Their Communities		

FINAL WISHES

LAST WISHES	NOTES	<input checked="" type="checkbox"/>

FINAL WISHES

In The Following Ways, I Would Like To Be Remembered

RECALLING MY PRESENCE

In The Following Ways, I Would Like To Be Memorialized

COMMEMORATE ME

ASSETS WORKSHEET

2

MOTOR VEHICLES

VEHICLE	YEAR	MILEAGE	VALUE	BENEFICIARY(S)

TOTAL VEHICLE VALE	
-----------------------	--

JEWELRY

DESCRIPTION	VALUE	SERIAL #	BENEFICIARY(S)

TOTAL REAL ESTATE	
-------------------	--

OBITUARY INFORMATION

PERSONAL INFORMATION

FULL LEGAL NAME

MAIDEN NAME

DATE OF BIRTH

PLACE OF BIRTH

SURVIVED BY

SPOUSE:

CHILDREN:

GRANDCHILDRENS:

PETS:

ACHIEVEMENTS

ITEMS TO DONATE

	<input checked="" type="checkbox"/>

USERNAMES AND PASSWORDS



LOG-IN FOR ELECTRONIC DEVICES

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

RETIREMENT ACCOUNTS

ACCOUNT HOLDER

ACCOUNT #

TYPE

COMPANY

ADDRESS

CITY

STATE

ZIP

PHONE

WEBSITE

USERNAME

PASSWORD

NOTES

ACCOUNT HOLDER

ACCOUNT #

TYPE

COMPANY

ADDRESS

CITY

STATE

ZIP

PHONE

WEBSITE

USERNAME

PASSWORD

NOTES

SOCIAL MEDIA ACCOUNTS

PLATFORM

USERNAME

PASSWORD

NOTES

PLATFORM

USERNAME

PASSWORD

NOTES

PLATFORM

USERNAME

PASSWORD

NOTES

PLATFORM

USERNAME

PASSWORD

NOTES

HOME SECURITY PASSWORDS

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

DEVICE

USERNAME

PASSWORD

NOTES

USERNAMES AND PASSWORDS



Sunday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	TO DO LIST
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	
5:00PM	NOTES:
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Monday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	TO DO LIST
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	NOTES:
5:00PM	
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Tuesday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	TO DO LIST
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	
5:00PM	NOTES:
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Wednesday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	<div data-bbox="841 806 1458 873" style="text-align: center;">TO DO LIST</div>
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	NOTES:
5:00PM	
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Thursday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	<div data-bbox="841 806 1458 873" style="text-align: center;">TO DO LIST</div>
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	NOTES:
5:00PM	
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Friday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	<div data-bbox="841 806 1458 873" style="text-align: center;">TO DO LIST</div>
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	NOTES:
5:00PM	
6:00PM	
7:00PM	
8:00PM	
9:00PM	

Saturday

SCHEDULE	TOP PRIORITIES
5:00AM	
6:00AM	
7:00AM	
8:00AM	
9:00AM	<div data-bbox="841 806 1458 873" style="text-align: center;">TO DO LIST</div>
10:00AM	
11:00AM	
12:00PM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	NOTES:
5:00PM	
6:00PM	
7:00PM	
8:00PM	

ESTATE PLANNING DOCUMENTS

FOR ASSETS



NON REVOCABLE TRUST

Takes effect immediately after it's signed

Skips Probate Court

Cannot be modified

The assets won't be part of the grantor's estate, give up full control.

Might be done to protect assets from creditors or to reduce estate taxes

Involves expensive fees



REVOCABLE (LIVING) TRUST

Becomes Irrevocable after death

Takes effect while you are alive

Skips Probate Court

Modifiable but harder to change than a Will

Does not involve guardianship

Assets transfer immediately

Stays private

Can involve expensive fees



WILL

Takes effect at death

Goes through probate court

Easier to change than a trust

Names guardianship of children

It might take time to transfer assets

Becomes public

Affordable



DURABLE POWER OF ATTORNEY (DPOA)

Stays in effect while alive and even if the individual is deemed incapacitated

If a Trust co-exists, the agent only controls the assets not included in the trust.

A DPOA needs to be very specific, and if stated, the agent can file taxes, legal claims, gift property on behalf of the individual and create additional trusts.

Affordable



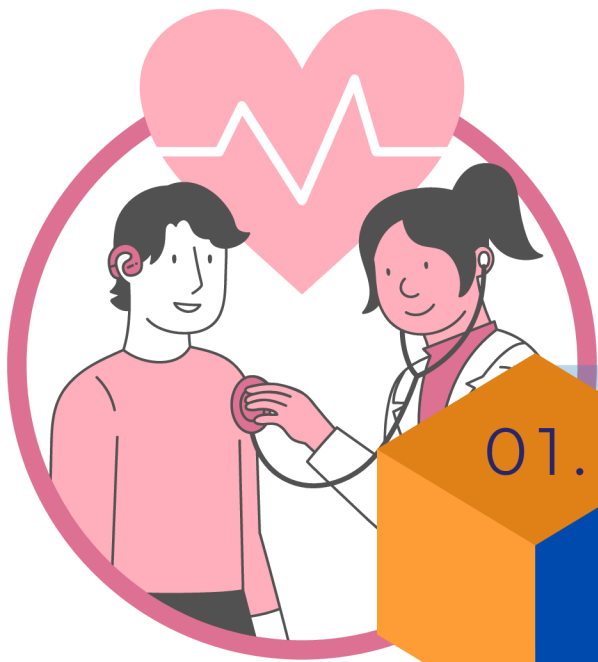
OTHER POWERS OF ATTORNEY

All of these POAs are valid only if the principal is alive and in his full cognitive faculties.

LIMITED: Only for specific task.

GENERAL: Agent will represent the principal across all activities

SPRINGING: Is not effective immediately, but only spring into action when a stipulated event occurs



ILLINOIS LAW ALLOWS YOU TO MAKE FOUR TYPES OF HEALTH ADVANCE DIRECTIVES

01.

HEALTH CARE POWER OF ATTORNEY

A health care directive allows you to designate someone to make health care decisions on your behalf if you become unable to do so, clearly outlining your wishes.



02.

LIVING WILL

This applies only if the individual has a terminal condition. If the designated agent in the POA is unavailable, physicians follow the patient's refusal of treatment that merely prolongs the dying process.



03.

MENTAL HEALTH TREATMENT PREFERENCE DECLARATION

To document the individual's preferences for future mental health treatment, including which treatments he would want or not want to receive under certain circumstances as specific medication, electroconvulsive therapy, and hospitalization



04.

PRACTITIONER ORDER FOR LIFE-SUSTAINING TREATMENT (POLST)

It is a medical directive that records a patient's preferences regarding end-of-life care, including treatments such as CPR, DNI, AND, and DNR. To be valid, it requires the signature of the attending physician.



HIERARCHY OF SURROGATE

01

**GUARDIAN OF
THE PERSON**

02

LEGAL SPOUCE

03

**ANY ADULT
CHILD(REN)**

04

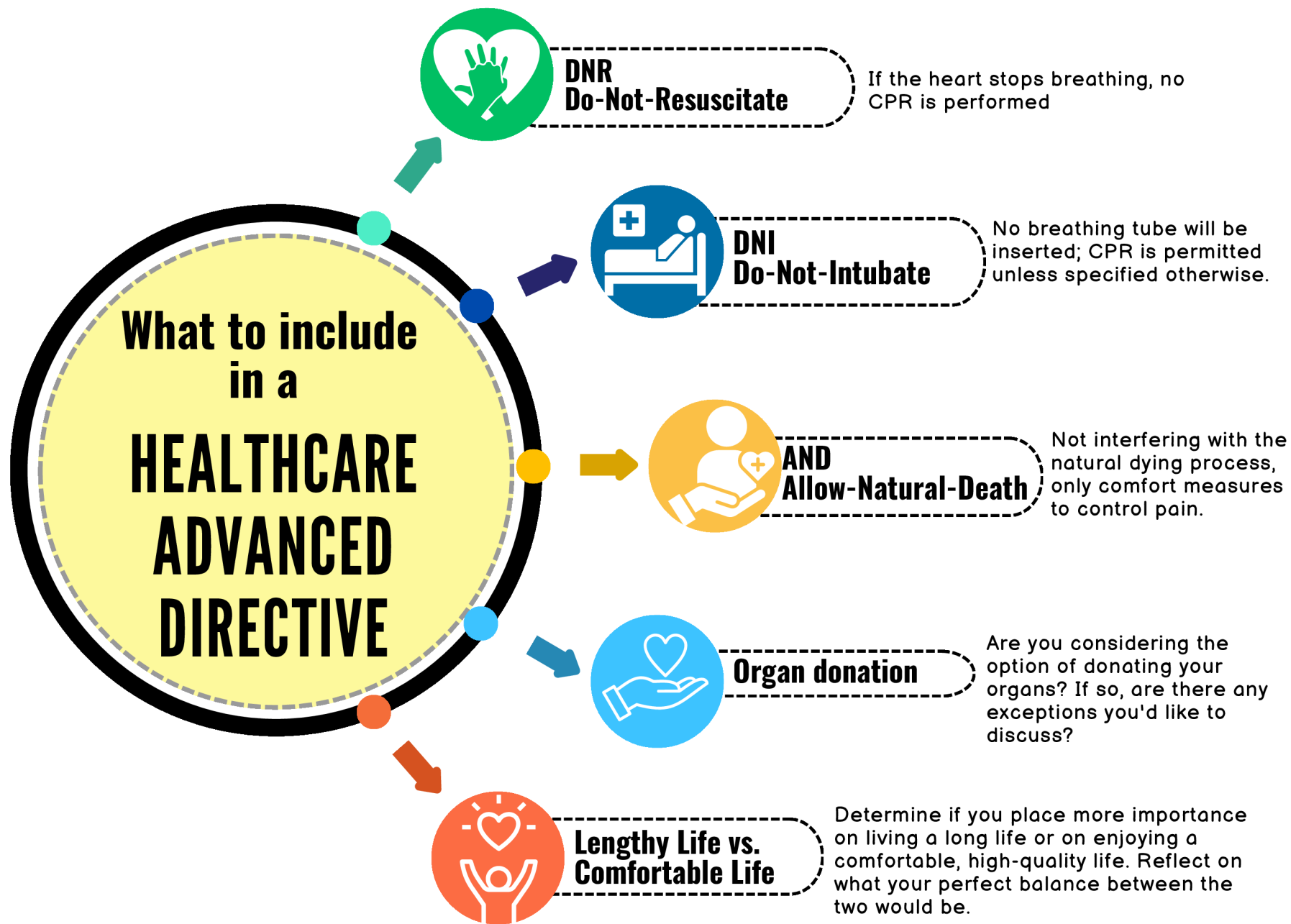
EITHER PARENT

05

**ANY ADULT
SIBLING**

If you're unable to make healthcare decisions, and no healthcare directive is available, a health care surrogate can be appointed for you. In Illinois, two doctors must certify your inability to make those decisions before a surrogate is chosen.

Having a clear directive ensures that your care needs are met even when you cannot communicate on your own behalf. It also simplifies the process for your designated decision-maker, easing their responsibilities and providing everyone involved with peace of mind!



These conversations may be challenging, but it's crucial to be as specific as possible to ensure that your decision-maker makes choices that truly honor your wishes.

BENEFITS OF FUNERAL PLANNING

The typical funeral cost amounts to \$9,000. By understanding your rights, you may be able to reduce expenses and ease the burden of difficult decisions for your loved ones during a challenging time.

