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You can plan to beat cancer

HOW IT WORKS



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WHAT IS CANPLAN?

CanPlan is a one-of-a-kind planner designed specifically for cancer patients and their caregivers. It provides daily reminders, guidelines for positive living, and methods for monitoring and tracking all of the details of your illness every step of the way. This isn't simply a planner: it's a roadmap to recovery, a book that will return control of your life back into your hands. Once you're sick, you know you'll need a hand. With CanPlan, you'll have one.



1

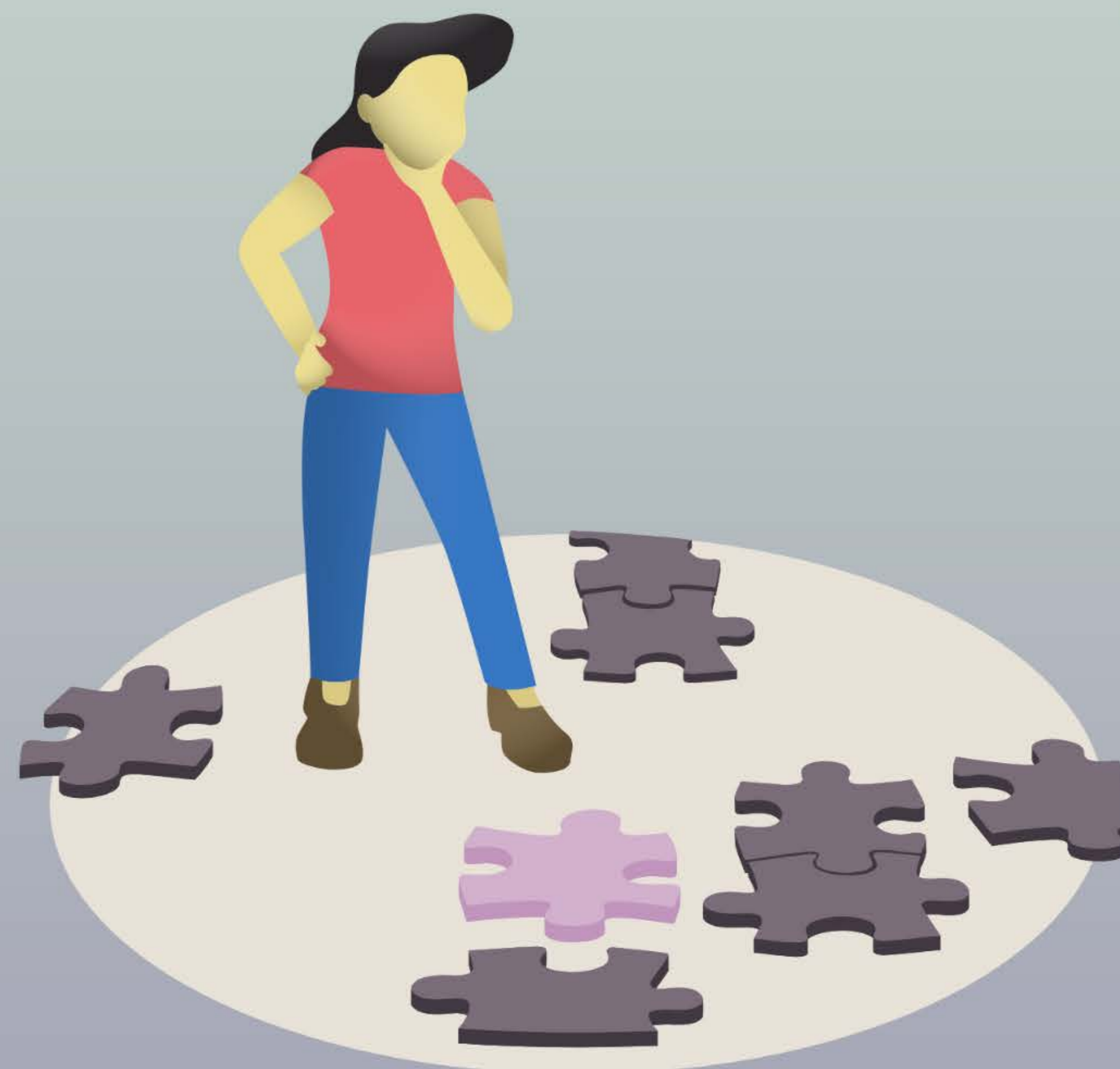
KEEP IT ALL IN ONE

No more clutter, no more mess. Keep everything related to your cancer in one place so you can show up to your appointments prepared & organized.



SELF HEAL

Take control over your illness & be the expert about it. Track everything related to your cancer on a daily basis & put all the information together at the end of the month to form connections about what's working & not working in your treatment plan.



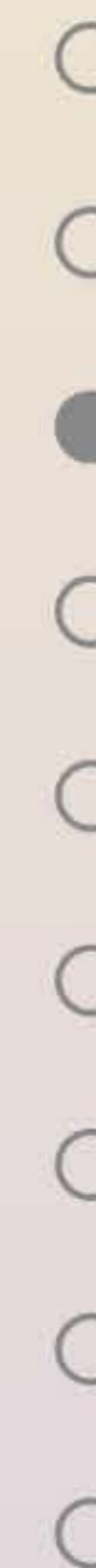
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THINK POSITIVE

Start each day off with a positive quote & engage in the interactive exercises that help you stay positive throughout your journey. Be inspired, stay determined & never give up hope.



TELL YOUR STORY

Section for self reflection & thoughts to help you stay in touch with your emotions all throughout your journey. Keepsake for you to see your day-to-day journey with cancer & inspire others with your story.



4





5

STAY FOCUSED



Set daily, monthly & yearly goals in order to stay on track with your treatment plan. Use the cancer roadmap to visualize where you are in your treatment & where you need to go. Analyze your strategy & revise it if you feel stagnant in your progress.

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PLAN AHEAD

Figure out all your treatment options ahead of time & weigh out the pros & cons for each so you can choose a plan that best suits your needs. Prepare an action plan if something doesn't go as expected so you'll find comfort in knowing you're still in the driver's seat.



6





UTILIZE YOUR RESOURCES

Learn to find comfort in asking for help from your community & utilize all the free resources that are available to you. Determine what your needs are—whether it's help with finances, transportation & housing or emotional support—and figure out how to meet those needs.



BE PROACTIVE

Rather than waiting on instructions from your doctor, educate yourself on how you can treat your cancer at home by utilizing the powerful healing remedies of mother nature. Optimize your body's full potential by feeding it the nutrients it needs & activating its fight sensors.



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BE PART OF A COMMUNITY

Every owner of a CanPlan belongs to a community of fighters dedicated to finding an effective plan of attack against cancer. Share your findings through CanPlan by using hashtag (#CanPlanFam) & assist in helping other fighters with their journey.

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To learn more about CanPlan, purchase a CanPlan planner for yourself or a loved one, or make a donation, visit www.mycanplan.com.

VISIT