

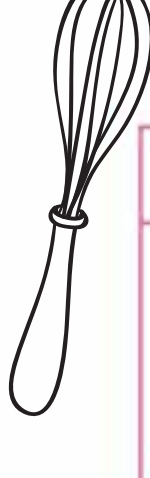
FIVE ADDITIONAL USES FOR ADDRESS/PHONE TABS

We get it: your contact information is stored in your phone and literally at your fingertips. But in spite of that, there's untapped potential in your planner's Address/Phone Tabs.

1: INGREDIENT RECIPE INDEX

Quick! Name four recipes that use ricotta cheese! Most of the time, we buy less-common ingredients only to use them once and then let them rot in the fridge.

Try this out: list ingredients on your Address/Phone Tabs. Then go through your favorite recipes and sort them by the ingredients they use. Then when you're planning your grocery trip to pick up lasagna ingredients, you'll remember your recipe for chocolate ricotta pie. You'll multiply the deliciousness and nothing will go to waste.




QR

NAME AND ADDRESS	PHONE
Ricotta Cheese • Lasagna • Calzones • Honey Ricotta Cheesecake • Chocolate Ricotta Pie EMAIL	WORK FAX MOBILE HOME
EMAIL	WORK FAX MOBILE HOME

2. PRESCRIPTION INDEX/DOSAGE CHART

Unless you're a pharmacist, it's unlikely that you know all the ins and outs of drug interactions. But if you list out the medications you or your family take in your Address/Phone Tabs, you can record correct information the moment you talk to your healthcare professional. Think of all the times drug labels tell you to ask a doctor and you'll see how useful this is, from proper Tylenol dosage for a 15-month-old to knowing which over-the-counter medications react with your prescriptions.

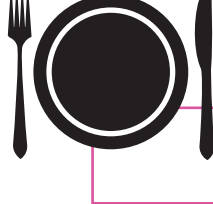


QR

NAME AND ADDRESS	PHONE
RX-Sam • Pirosec • Lisinopril EMAIL	WORK FAX MOBILE HOME
RX-Jane • Zyrtec • Synthroid • Vitamin D EMAIL	WORK FAX MOBILE HOME
RX-Afison • Children's Zyrtec • Children's Tylenol EMAIL	WORK FAX MOBILE HOME
RX-Max • Children's Zyrtec • Children's Tylenol EMAIL	WORK FAX MOBILE HOME

3. RESTAURANT LOG

Whether you make frequent cross-country trips on business or love visiting family in the next state over, you still need to figure out what to have for dinner. Make a restaurant log for your favorite destination cities, with addresses and phone numbers. Then you won't find yourself at the mercy of room service or old to-go menus.



AB

NAME AND ADDRESS	PHONE		
Amarillo <table border="0"> <tr> <td>Luby's Diner 3555 Velasquez Way Best coconut cream pie ever!</td> <td>Zankou - Middle Eastern 4592 Old Mill Road</td> </tr> </table> EMAIL	Luby's Diner 3555 Velasquez Way Best coconut cream pie ever!	Zankou - Middle Eastern 4592 Old Mill Road	WORK FAX MOBILE HOME
Luby's Diner 3555 Velasquez Way Best coconut cream pie ever!	Zankou - Middle Eastern 4592 Old Mill Road		
Austin <table border="0"> <tr> <td>Bubba's BBQ 6429 Sandstone Street</td> <td>It's All Greek 8327 Oakwood Boulevard Fantastic sbuaki! [QR Code]</td> </tr> </table> EMAIL	Bubba's BBQ 6429 Sandstone Street	It's All Greek 8327 Oakwood Boulevard Fantastic sbuaki! [QR Code]	WORK FAX MOBILE HOME
Bubba's BBQ 6429 Sandstone Street	It's All Greek 8327 Oakwood Boulevard Fantastic sbuaki! [QR Code]		

4. PASSWORD VAULT

Cyber-security experts agree: the most secure way to navigate today's online world is to come up with complex and unique passwords for each login you use. But remembering these passwords is difficult, so "123456" and "password" have been vying for "most used password" for years now.

Listing your passwords in your Address/Phone Tabs lets you use and remember more complicated passwords, and list them by service. Plus, a paper planner is 100% hacker-proof.

OP




NAME AND ADDRESS	PHONE
Overstock.com Username: barbara.jones@gmail.com Password: sassofRass2.3 EMAIL	Priceline.com Username: barbj2.3@gmail.com Password: 8DdepecheModem
EMAIL	WORK FAX MOBILE HOME

6. HOLIDAY CARD CONVENIENCE

Your electronics have a massive list of contacts. It likely has three entries for everyone on Facebook, lists some people by both their maiden and married names, and includes school and work email addresses from college and your three previous workplaces. When sending out holiday cards, it's going to take time to sift through this list and pick out your family and closest friends.

How much easier would it be to flip through a few pages? While your Address/Phone Tabs don't have room for your entire murky pool of contacts, it has plenty of space for your old, dear friends.

GH



NAME AND ADDRESS	PHONE
Wendy Goodson 123 Bayview Drive You Are Here, UT 12345 EMAIL	WORK FAX MOBILE HOME
Jack Grayson 456 Oak Street You Are Here, UT 12345 EMAIL	WORK FAX MOBILE HOME
Fran Hightower 789 Bloomington Road You Are Here, UT 12345 EMAIL	WORK FAX MOBILE HOME