



Happy birthday, my friend!

I'm so happy you could be here with me to celebrate!




Open the gift, Ana.



This is so pretty! It's my favorite color. Thank you, Dolores! I'll wear it tomorrow.






I'm so glad you like it.
One other thing...I've
been meaning to ask you.

What's that?

I've been doing my FIT test
every year for 8 years. Did you
get one? It's one of the joys of
turning 45!

An illustration of two women in a kitchen. The woman on the left has short brown hair and is wearing a yellow cardigan over a white top. She is holding a slice of cake on a white plate. The woman on the right has dark curly hair and is wearing a blue long-sleeved shirt. She is also holding a slice of cake on a white plate and is using a knife to cut it. In the background, there are kitchen cabinets, a countertop with various items like a jar and a container of utensils, and a coffee maker. A speech bubble is positioned above the woman in blue, containing text.

Yes, I got one in the mail.
It seems so complicated.

I hear you. I also thought it would be gross. But it only took 10 minutes to complete. I did it to protect my health and to be around for my family. I completed it and mailed it back last week.

Wow. That's great to hear!
Let's have some coffee. You
take it with milk, right?

Yes, please.



When you put it that way it
seems worth it. But there's one
other thing - I'm scared of the
results. What if they find
something? I feel like you
can't survive cancer...

Early detection is important!
My doctor said that colon cancer
can be treated successfully if you
find it early. There are way more
benefits than the trouble of doing
it. It will give you peace of mind.

Okay, you're right, but I'm
so busy these days! I'll see
when I can get to it. Thank
you for thinking about my
health, my friend!



TO-DO LIST

COMPLETE
FIT TEST

No, I have a better idea.

What's that?

AUGUST

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				

TO-DO LIST

COMPLETE
FIT TEST



AUGUST



3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

COMPLETE
FIT TEST

Wait, that's today's date.
Today is August 5.

That's right, your life is
precious and your friends
and family love you!

AUGUST



2	3	4	5	6	7
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29
30	31				

TO-DO LIST





Guess what I just did.



You mailed it, didn't you?



Yes! Thanks again for the beautiful gift! Actually, two gifts.

