



Ashley



Liz



Jan

#ThisIsMBC®



Janice



Jess



Latonya



Oauja



Monique

This Is My Day PERSONAL PLANNER

Donations to METAvivor help fund research
and provide helpful resources for those living with MBC.

Brought to you by:



METAVIVOR

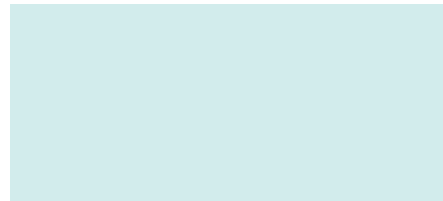
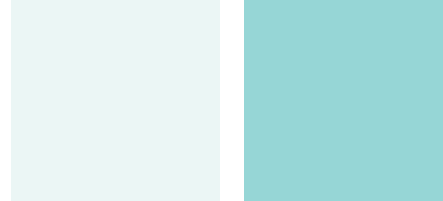




Shonte



Carletha



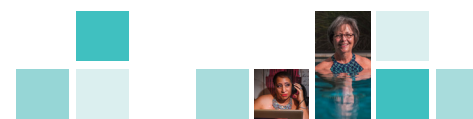
Myra



The **#ThisIsMBC** campaign brings you the This Is My Day personal planner. Use it every day as a way of saying... **This Is My Day.**

The **#ThisIsMBC** campaign is inspired by patients living with metastatic breast cancer (MBC) and aims to bring people together to support them and raise awareness about MBC. The **This Is My Day** Personal Planner is part of the **#ThisIsMBC Perseverance** Project, and features its imagery throughout. This planner is designed to be a practical and functional tool for those living with MBC.

Your **This Is My Day** Personal Planner includes spaces for you to organize your days, weeks, months, and all of your health goals. With telehealth information and quotes from featured patients from the **#ThisIsMBC Perseverance** Project, we hope this planner inspires you every day to say, **This Is My Day.**



TELEHEALTH INFORMATION

We recognize the challenges that can keep you from receiving in-person care. Your healthcare provider may offer telehealth as an option for you to stay connected.

What is Telehealth?

Telehealth is care that is provided to a patient through electronic communication instead of an in-person visit.

Why Telehealth?

Telehealth is an option for patients who live far away from their healthcare provider, are unable or have trouble getting to a doctor's office, or are at high risk of infection and wish to avoid exposure. Telehealth can only be used in certain circumstances, so talk to your doctor to find out more information.

Resources for more information

Below are some resources from leading advocacy groups on how to navigate telehealth. Additional organizations can be found at [METAIVivor.org](https://www.METAIVivor.org).



CANCERcare

- CANCERcare offers a telemedicine factsheet, as well as information on COVID-19 and cancer. To access these resources and more, go to [cancercares.org](https://www.cancercares.org).



Living Beyond Breast Cancer

- LBBC offers a range of information on telemedicine in articles, videos, and even podcasts. To access these resources, go to [lbbc.org](https://www.lbbc.org) and search "telemedicine."



Bright Pink

- Bright Pink has articles about telehealth on their website: www.brightpink.org/blog/2020/05/29/7-tips-for-telehealth-success/

Get Prepared! Telehealth Checklist

Have a Telehealth appointment coming up? Here are some things to consider before your appointment:

- ☐ Did I complete any required paperwork?
- ☐ How much time do I have with my healthcare provider?
- ☐ Do I know how to access my appointment?
- ☐ Is my device charged or plugged in?
- ☐ Does my microphone work?
- ☐ Do I have questions for my healthcare provider (HCP)?
- ☐ Do I have paper and a pen to take notes?

QUESTIONS FOR MY HCP

Carletha

“The definition of perseverance is very basic for me. Either I sink or I swim... I am going to float or I’m going to swim. I’m not going to sink.”



Notes

MONTHLY PLANNER



Month _____				Year _____		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Visit mbcinfocenter.com for more information and resources about MBC.

This Is My Day



DAILY HEALTH PLANNER

Date _____

Use this page to map out what a day of nutrition and exercise looks like for you. Remember to talk to your doctor about your diet and exercise routine.

Breakfast	Lunch	Dinner	Snack	Water

Total calorie intake _____

Exercise

MY WEEK

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WEEKLY PLANNER

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DAILY PLANNER

Use this page to get into the details of what your day will look like, or to record notes from your day.

TODAY I FEEL
(click one)



This Is My Day



Ashley

“Ladies, you are worth it. You’re worthy of all the good in this world, so make sure you take care of yourself. If you feel you need something...keep talking, screaming until you get to where you need to be.”



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This Is My Day





Jess

“Somehow after all that I’ve been through, I’m still functioning like a real human. To me, perseverance means never giving up. In my whole life, even with cancer, people tell me I’ve got grit. I always fight with my whole heart. Everyone should.”

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This Is My Day



Chawnte

“I want to live life to its fullest every day, show no fear, and never give up.”

We are deeply saddened to learn of yet another devastating loss to Metastatic Breast Cancer. Chawnte, you were a pillar of support for so many and your fierce and beautiful spirit will be deeply missed. Thank you for your service to this country and for advocating for the MBC community. **#ThisIsMBC**

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Monique

“You’re not your diagnosis, and you do not have to stop when you’re diagnosed. You don’t have to stop living. Just continue to live.”



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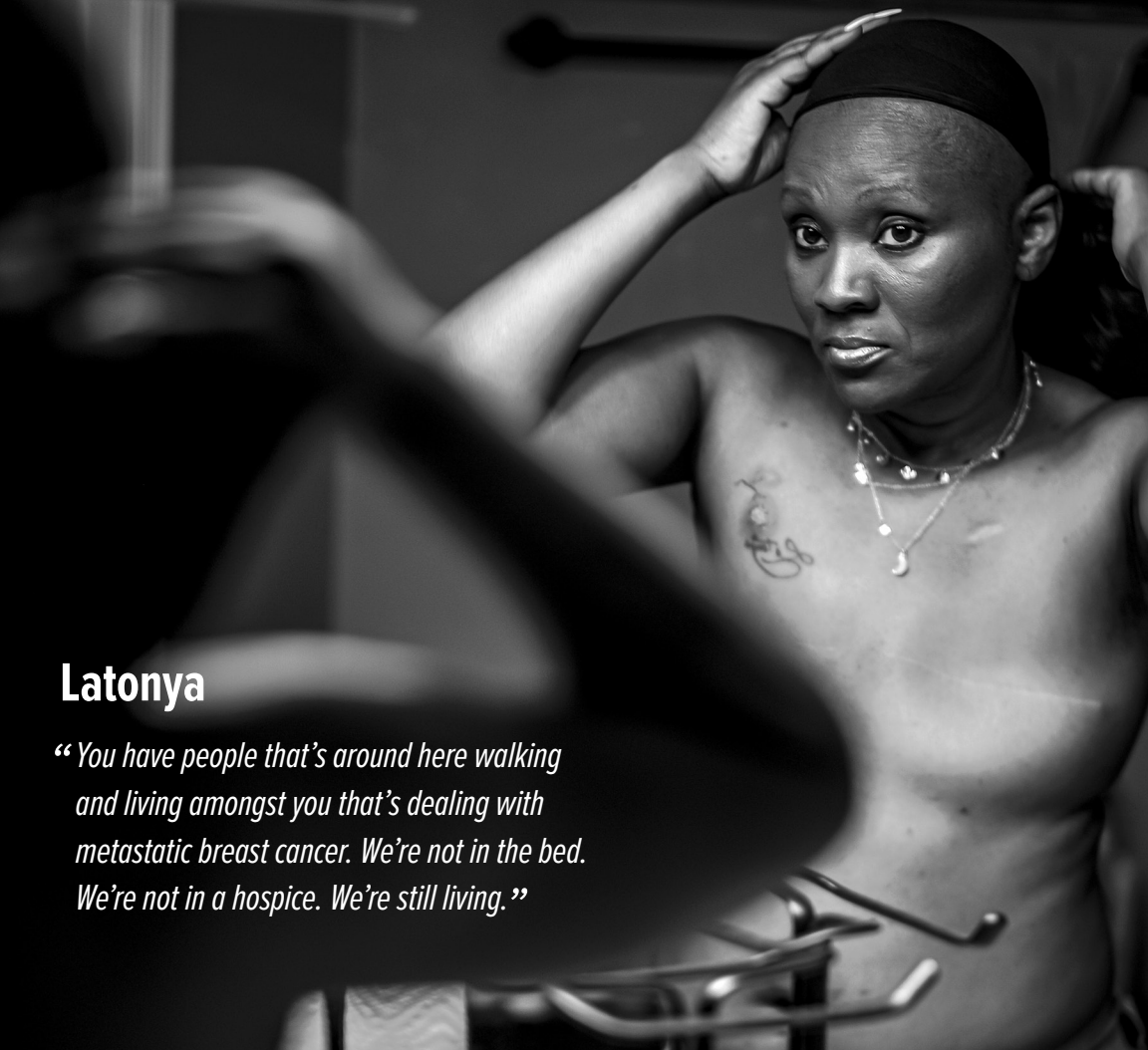
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This Is My Day





Latonya

“You have people that’s around here walking and living amongst you that’s dealing with metastatic breast cancer. We’re not in the bed. We’re not in a hospice. We’re still living.”

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This Is My Day



Oauja

“You have to pretty much wake up each day trying to figure out a purpose in this world to live. I have good days, I have bad days, and you have to just pretty much live life as it is right now. There’s no time for rewrites.”

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Janice

“Each day needs to start with a feeling of gratitude for waking up that day, but not only that, for all the gifts that life gives us. There will be good days, there will be bad days, but you take it one day at a time.”



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Jan

“When I think of perseverance and what motivates me, it’s my work to preserve our lakes and waters. And perseverance with respect to my cancer is similar – it means keeping focus and moving forward, always. That’s what I believe.”

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Myra

*“I have two little boys...
I fight for them every day.
It’s really about making sure
that they see the good days
that I have and they don’t
remember the bad days.”*



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Liz

“Although we have so little control along this journey, I control what I can, and that is my attitude. Every day I wake up and try and look for the best in people, in humanity, in nature.”



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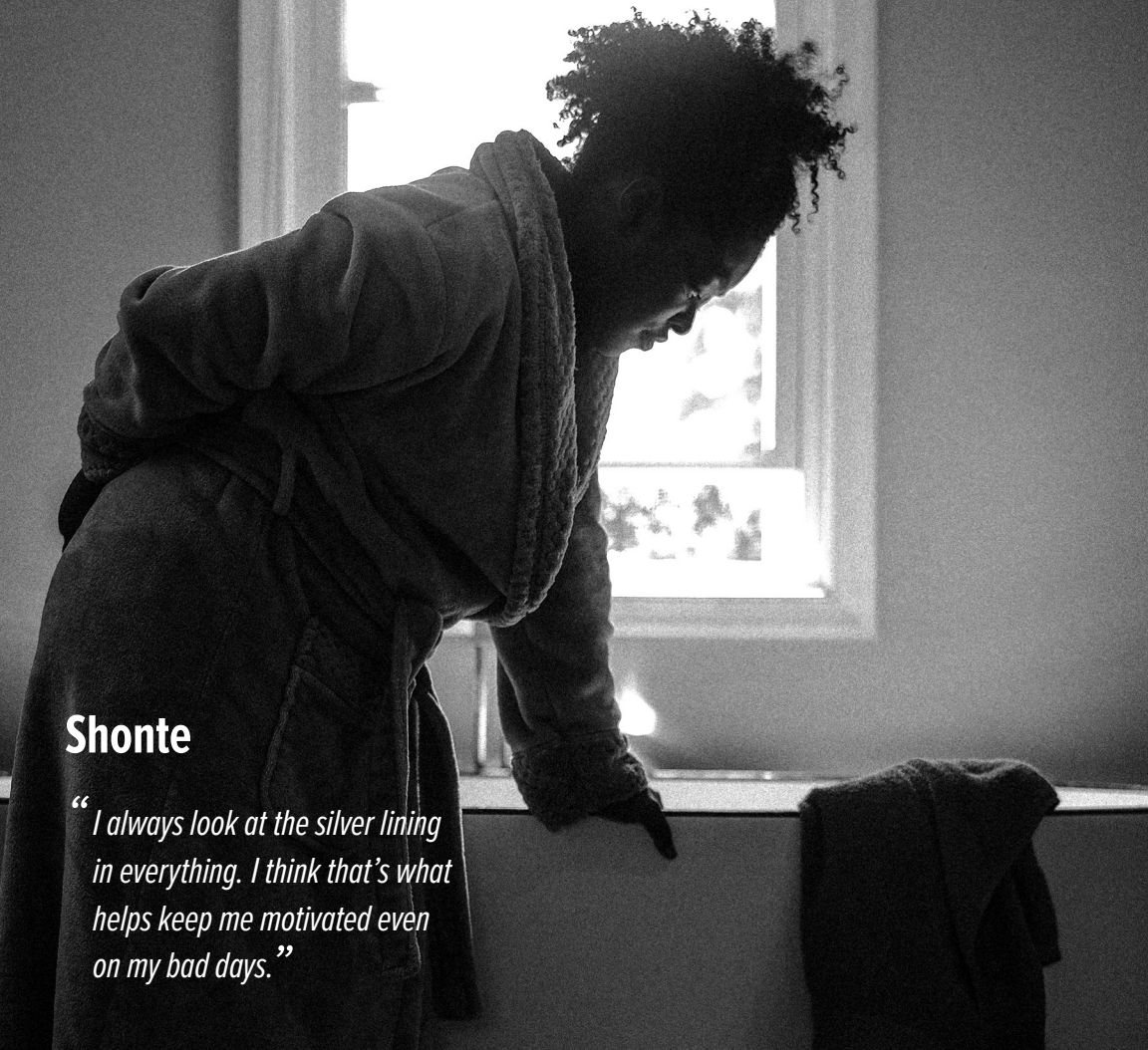
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Shonte

“I always look at the silver lining in everything. I think that’s what helps keep me motivated even on my bad days.”

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EXPLORE OUR RESOURCE TOPICS:



About MBC

Information about MBC, its treatments and side effects and clinical trials.



Living With MBC

Help for communicating with others and adjusting to the new normal.



MBC Communities

Ways to connect with others living with MBC and information on support and advocacy groups.



Practical Resources

Guidance for navigating financial challenges—from insurance and treatment reimbursement to your employment rights.



For Caregivers

Support for caregivers, family, and friends on how to help take care of your loved one and yourself.

Visit www.mbcinfocenter.com
for more resources and information about MBC
and the **#ThisIsMBC[®]** campaign.

Join the conversation on social media
and share your story by using **#ThisIsMBC**.

