



LyfeCalendars — Health Check■In (Thank You)

Auto-updating subscription links + simple import options

What's included

- Child (.ics)
- Male Adult (.ics)
- Female Adult (.ics)
- Senior (.ics)

How to add (per app)

Apple Calendar (Mac)

- 1 Open Calendar → File → New Calendar Subscription...
- 2 Paste your chosen link → click Subscribe.
- 3 Optional: rename the calendar for clarity.

Google Calendar (Web)

- 1 On the left, next to "Other calendars," click + → Add by URL.
- 2 Paste the link → Add calendar.
- 3 The new calendar appears under "Other calendars" (toggle as needed).

Outlook (Web/Desktop)

- 1 Add calendar → From Internet (or Upload from file).
- 2 Paste the link and confirm.
- 3 The calendar is separate and toggleable.

Prefer a one-time import?

Create a new calendar first, then import the .ics file into that new calendar so it remains separate and easy to toggle.

Tips & notes

- All events are all-day with a 1-day-before reminder. You can edit alerts after subscribing.
- If you change variants later, unsubscribe from one and subscribe to another.

FAQ

Can I customize times?

Yes — edit or mute alerts in your calendar app after subscribing.

Will these create a separate calendar?

Yes — subscribing creates a new, toggleable calendar. Import will copy events into whichever calendar you choose.

More LyfeCalendars (available separately)

- Home Maintenance
- Health Check-In
- Pet/Vet Care
- Finance & Bills
- Cleaning & Declutter Rhythm
- Mental Wellness / Self-Care
- Personal Growth & Goals
- Workout & Movement
- Plant & Garden Care
- Car Care

Support

Questions or ideas? Email lyfecalendars@gmail.com