

FOR IMMEDIATE RELEASE:

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**Tigress Tracker LLC™ makes managing
personal health easier, especially for women**

Tigress Tracker LLC™ announces its series of planners designed to aid in the planning and maintenance of personal health (www.tigresstracker.com).

February 5, 2008. Tigress Tracker LLC™ officially announces the release of its series of health planners, which are designed to aid in the planning and maintenance of one's personal health.

Nowadays, individuals are presented with many opportunities for maintaining better health in order to enjoy rich fuller lives. However, sometimes multi-tasking the very things needed to take care of ourselves actually contributes to the stress of doing so.

This is where Tigress Tracker™ and its line of Health Monitoring Planners come in. These planners are designed to manage personal health statistics, along with related diets, activities, and schedules, to promote a general well being for all the stages of our lives. Each book will focus on the needs of a particular interest group such as caregivers, teens, co-workers, and others. Although the Tigress Tracker™ LLC line focuses primarily on women, subsequent additions will include planners for couples.

“The planners focus on recording health related issues,” says founder Consuello Turk. “A central piece in this set of books is ‘Talk to the Doctor’, a personal health diary specifically designed for doctor’s visits with additional personal care schedules. The features of some of the other planners, like the car trackers and bill trackers, will assist women in becoming better organized.”

In the future, Ms. Turk will continue to develop the Tigress Tracker™ line, adding informative material and expanding to address issues of women's spiritual health.

To learn more about Tigress Tracker LLC™ and its line of Health Monitoring Planners, and more, visit www.tigresstracker.com.