

Efferos Life Grid

"Tired of lying in the sunshine staying home to watch the rain. You are young and life is long and there is time to kill today. And then one day you find ten years have got behind you. No one told you when to run, you missed the starting gun."

~ Rodger Waters/Pink Floyd



NOTE: Each box represents one month for each of the 970 months of the 80 year average lifespan. The first box is your birth month and each line represents 2.5 years (30 months). Live each box to the fullest possible. Consider making wise health decisions earlier in life so that each box later in life is more fulfilled.