

	uninstall McAfee
	uninstall junk (AOL, ISP's...)
	set desktop
	disable power saving and hibernation
	turn off system restore
	shortcut to office on desktop
	activate office
	enable quick launch
	add shortcut to windows explorer
	config win explorer
	set home page
	set auto inline complete
	update.microsoft.com
	update office - set options
	install java
	install antispy
	update antispy
	install antivirus
	update antivirus
	install spybot
	update spybot
	spybot immunize
	Google toolbar
	disk cleanup
	defrag