

Longevity Checklist

Use this worksheet to plan small daily actions that extend your health and vitality.

Habit	My Actions / Commitments
1. Move Every Day <i>How will I move daily? (e.g., walk, yoga, golf)</i>	
2. Eat Whole, Plant-Forward Foods <i>How will I eat cleaner this week?</i>	
3. Build & Maintain Relationships <i>Who will I connect with or reach out to?</i>	
4. Sleep & Stress Recovery <i>What helps me rest and reset?</i>	
5. Avoid the Big Killers <i>What health checks or habits will I prioritize?</i>	