



the long game

### My Longevity Practice: A Self-Evaluation

My image of longevity (what I'm doing, how I feel)...

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Why longevity matters to me...

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My practice at a glance...

Nutrition:

1      2      3      4      5      6      7      8      9      10 →

Movement and Exercise:

1      2      3      4      5      6      7      8      9      10 →

Brain Health:

1      2      3      4      5      6      7      8      9      10 →

Emotional Health:

1      2      3      4      5      6      7      8      9      10 →

Sleep:

1      2      3      4      5      6      7      8      9      10 →

My practice in detail...

Nutrition:

Here is a list of my nutritional habits or practices – how and/or what I eat (or avoid eating) – because I believe they are good for me and support my overall health:

Habits	How often	+ / - / =

Supplements

Purpose

Supplements	Purpose

Notes:

Movement and Exercise:

Here is a list of the different movement activities/exercise that I like and/or engage in:

Activity	How often	+ / - / =

Things that I'm interested in trying, or would like to do more of:

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Notes:

Brain Health:

A list of things that I do to challenge or stimulate my brain:

Brain Health Habits	How often	+ / - / =

Notes:

Emotional Health:

Here are the ways that I'm taking care of my emotional health:

Habits	How often	+ / - / =

Notes:

Sleep:

Here are the things that I'm doing to support my body in getting adequate rest:

Habits	How often	+ / - / =


Notes:

Other practices:

Here's a list of other things that I do to support my well-being and longevity:

Habits	How often	+ / - / =

Things that I would like to try:


Notes: