



Daily Goals Form

Print off 12 forms, one for each of the 12 weeks

Longevity Lifestyle Matters – Module #1 Goals	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Water goal: Unless medically indicated, drink enough water each day to void one pale urine							
2. Do 15 minutes of physical activity exercise each day (e.g., walking, biking, vacuuming, calisthenics, dance, weights)							
3. Do 15 minutes of mental exercise each day – reading your assignment and answering your questions qualifies							
4. Eat breakfast each day to boot up your brain, including a healthy carb (e.g., whole grain cereal, whole fruit)							
5. Include at least one serving of fruit and two veggies each day. (Avoid Fast, Fried, Frozen, and Fatty foods. Minimize sugary desserts). Keep only what you choose to eat in your home.							
6. Sleep between 6-8 hours in each 24 hours period. Endeavor to get 1-2 hours of that seep before midnight. Train your brain to go to bed and wake up at the same time each day.							
7. Substitute one healthier replacement choice or behavior. (e.g., an apple vs apple juice, raw nuts vs salted/roasted, avocado vs cheese, baked crackers vs fried chips, rice or almond vs cow’s milk)							
8. Write in a goal you want to accomplish each day (a different one each week if you wish)							

Give yourself one point each day for each goal you met. Total points _____

Aim to increase total points gained each week.