

Daily Habits



Aim to get in at least 8,000 steps



Drink 8 cups of water



Get 7-8 hours of sleep



Move outside for at least 15 minutes



Add up to 400 mg of caffeine *(from coffee or tea)*



Add a nap when possible
(Short: 20 minutes, Long: 90 minutes)



Watch your daily caloric intake closely
*45-60% carbs | 20-35% fats | 10-35% protein |
2 servings of fruit | 3 servings of vegetables*



Ways to Improve Longevity and Keep Your Body Primed

Weekly Habits



Get 150-200 minutes
of exercise



Maintain contact
with friends



Eat as many whole,
non-processed foods
as possible



Limit alcohol
to 1-2 drinks

Ways to Improve Longevity and Keep Your Body Primed