

7-DAY LONGEVITY HABIT TRACKER

Track everyday habits that support strength, mobility, recovery, connection, and healthy aging.

Week of: _____

to: _____

How to use: Check habits completed each evening. Aim for awareness and consistency, not a perfect week.

1. Weekly Habit Grid

Healthy Aging Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Daily movement	■	■	■	■	■	■	■
Strength activity*	■	■	■	■	■	■	■
Balanced, nutrient-rich meals	■	■	■	■	■	■	■
Regular hydration	■	■	■	■	■	■	■
Outdoor time / daylight	■	■	■	■	■	■	■
Sleep & recovery	■	■	■	■	■	■	■
Social connection / purpose	■	■	■	■	■	■	■
Relaxation / stress management	■	■	■	■	■	■	■

* Strength activity is not necessarily a daily goal; record days you intentionally performed appropriate strengthening activity.

2. Daily Movement

Day	Activity Minutes	Strength?	Mobility / Balance?
Mon		■	■
Tue		■	■
Wed		■	■
Thu		■	■
Fri		■	■
Sat		■	■
Sun		■	■

Activities I enjoyed:

Anything that made movement difficult:

3. Nutrition & Hydration

- Vegetables and/or fruit
- Fiber-rich plant foods
- Regular fluids

- Protein-rich foods
- Healthy fat sources

Food habit I'm working on:

Hydration felt:

- Consistent
- Inconsistent

- Mostly consistent
- Difficult to judge

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Recovery, daylight, connection, stress management, and weekly reflection.

4. Sleep & Recovery

Day	Sleep Duration	Sleep Quality 1-10	Morning Energy 1-10
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Sleep schedule:

- Fairly consistent
- Very variable

■ Somewhat variable

Adequate recovery after demanding activity:

- Usually
- Rarely

■ Sometimes

5. Outdoor Time & Daylight

Day	Outdoor Time	Morning / Daytime Light
Mon	___ min	■
Tue	___ min	■
Wed	___ min	■
Thu	___ min	■
Fri	___ min	■
Sat	___ min	■
Sun	___ min	■

6. Social Connection & Purpose

- Spoke with someone important
- Community or group activity
- Made time for a hobby
- Did something purposeful

- Meaningful time with family or friends
- Helped or supported someone
- Learned or practiced something new

Most meaningful activity:

7. Stress & Relaxation

Day	Stress 1-10	Relaxation / Recovery Activity
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

8. Weekly Snapshot

Most consistent:

- Movement
- Outdoor time

- Strength
- Sleep / recovery

- Nutrition
- Social connection

- Hydration
- Stress management

Needs more attention:

- Movement
- Outdoor time

- Strength
- Sleep / recovery

- Nutrition
- Social connection

- Hydration
- Stress management

9. What I Learned

Easy to maintain:

Difficult:

Helped my energy or well-being:

Got in the way:

10. Focus for Next Week

Habit I'll continue:

Habit I'll improve:

One realistic action:

Why it matters:

Important: For general education and personal habit tracking only. This is not a medical assessment or personalized exercise, nutrition, or healthcare plan. Needs vary by age, health status, medications, physical ability, and other factors.

Free for personal and educational use.