

HEALTHY AGING CHECKLIST

A practical checklist for reviewing everyday habits that support strength, mobility, resilience, and long-term well-being.

Date: _____

How to use: Check the habits already in your routine and mark one or two areas to improve. The goal is realistic progress, not perfection.

1. Movement & Physical Activity

- I move regularly throughout the day.
- I walk or do other moderate activity regularly.
- I break up long periods of sitting when possible.
- I choose activities I enjoy and can sustain.
- I adjust activity to my abilities and limitations.

Movement habit to improve:

2. Strength & Muscle

- I include muscle-strengthening activities regularly.
- I work major muscle groups.
- I allow appropriate recovery between harder sessions.
- I progress activity gradually when appropriate.
- I maintain strength for everyday activities.

Strength goal:

3. Mobility & Balance

- I use comfortable ranges of motion regularly.
- I include mobility or flexibility work when useful.
- I practice balance activities appropriate for me.
- I notice changes in walking or stability.
- I keep common areas clear of obvious trip hazards.

Mobility or balance habit:

4. Nutrition

- I regularly eat vegetables and fruits.
- I include whole grains, legumes, nuts, or seeds as appropriate.
- I include adequate protein-rich foods.
- I include healthy-fat sources.
- I prioritize nutrient-dense foods most of the time.
- My eating pattern is realistic and sustainable.

Nutrition habit to strengthen:

5. Hydration

- I drink fluids regularly throughout the day.
- I pay attention to thirst and hydration needs.
- I increase fluids when circumstances require it.
- I don't rely only on caffeinated or sugary beverages.

Hydration habit to focus on:

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Recovery, connection, cognitive engagement, and preventive health.

6. Sleep & Recovery

- I allow adequate opportunity for sleep.
- My sleep and wake times are reasonably consistent.
- I have a relaxing wind-down routine.
- I allow recovery after demanding activity.
- I address persistent sleep problems rather than ignoring them.

Recovery habit to improve:

7. Stress & Emotional Well-Being

- I use healthy ways to manage everyday stress.
- I make time for enjoyable activities.
- I take breaks when I need them.
- I notice when stress is becoming difficult to manage.
- I seek appropriate support when needed.

Stress-management habit:

8. Social Connection & Purpose

- I maintain meaningful relationships.
- I connect with family, friends, or community regularly.
- I do activities that give me purpose or enjoyment.
- I make time for hobbies and interests.
- I continue learning or trying new things.

Someone or something to reconnect with:

9. Brain & Cognitive Engagement

- I engage in mentally stimulating activities.
- I continue learning new information or skills.
- I combine mental activity with social or physical activity when possible.
- I notice meaningful changes in memory or thinking.

Something I'd like to learn or practice:

10. Preventive Health

- I attend appropriate routine health appointments.
- I discuss recommended screenings with a healthcare professional.
- I keep vaccinations up to date as appropriate for me.
- I review medications and supplements when appropriate.
- I don't ignore persistent or unexplained symptoms.
- I know my important medications and medical history.

Something I need to follow up on:

My Healthy Aging Snapshot

- | | |
|------------------------|---------------------|
| ■ Movement | ■ Strength |
| ■ Mobility & balance | ■ Nutrition |
| ■ Hydration | ■ Sleep & recovery |
| ■ Stress management | ■ Social connection |
| ■ Cognitive engagement | ■ Preventive health |

Three habits I want to prioritize:

1.

2.

3.

One small change I'll start this week:

Why this matters to me:

Important: This checklist is for general education and personal reflection. It is not a medical assessment, diagnostic tool, or personalized exercise or nutrition prescription. Needs vary by age, health status, medications, physical ability, and other factors. Discuss significant changes to exercise, diet, supplements, or preventive healthcare with an appropriate healthcare professional when needed.

Free for personal and educational use.