Your Personal Longevity Checklist

- I have taken an accurate accounting of my family history of cancer and other diseases.
- My current BMI is less than 25.
- I don't smoke.
- I only drink 1-2 alcoholic drinks per day.
- I exercise 30 minutes per day, 5 days a week.
- I stay away from processed foods and stick to a diet rich in whole grains, vegetables, and fish (or whatever my doctor has recommended).
- I have a regular sleep schedule and wake rested.
- I participate in self-care things that help alleviate my stress.

Look at your answers to the questions above. Then, list possible changes you could make to increase your longevity and improve the quality of your life below:

	

