

# Week of

## Wake-up Time

### Prepare for the Day

- 1.
- 2.
- 3.
- 4.
- 5.

M	T	W	Th	F	Sa	Su

### Quiet Time Morning

1. Drink 1 Glass of Water
2. 5-Minute Deep Breathing
3. Gratitude Journaling
4. Light Stretching
- 5.

M	T	W	Th	F	Sa	Su

### Quiet Time Evening

1. Evening Wind-Down
2. Sleep Hygiene
3. Natural Stress Relief
- 4.
- 5.

M	T	W	Th	F	Sa	Su

**Strive to drink 64 oz of water each day (e.g. 3 tall glasses = 48 oz)**

SAMPLE WEEKLY MOVEMENT PLAN	M	T	W	Th	F	Sa	Su
Strength + Core	X						
30 Min Walk + Stretch		X					
Strength + Mobility			X				
Active Recovery (yoga, walk)				X			
Strength + Balance Drills					X		
Fun Movement (hike, bike, dance, etc)						X	
							X

## Harry's Rules from "Younger Next Year" by Chris Crowley & Henry S. Lodge, MD

1. Exercise six days a week for the rest of your life
2. Do serious aerobic exercise four days a week for the rest of your life
3. Do serious strength training with weights, two days a week for the rest of your life
4. Spend less than you make
5. Quit eating crap
6. Care
7. Connect and commit

Week of

<b>Monday</b>	<b>Longer Term / Carryover Goals</b>
1.	1.
2.	2.
3.	3.
<b>Tuesday</b>	4.
1.	5.
2.	6.
3.	7.
<b>Wednesday</b>	8.
1.	9.
2.	
3.	
<b>Thursday</b>	
1.	
2.	
3.	
4.	
<b>Friday</b>	<b>Major Events, Upcoming Dates</b>
1.	1.
2.	2.
3.	3.
<b>Saturday</b>	4.
1.	5.
2.	6.
3.	7.
<b>Sunday</b>	8.
1.	9.
2.	
3.	