

Intervention	Week 1	Week 2	Week 3	Week 4
Measure and record your baseline metrics	BMI..... Weight-to-height ratio..... Biological age (test and value)..... VO2 Physical Fitness(if done with AARP website article) flexibility..... balance..... muscle strength..... 1 mile walk.....		ACTUAL VALUES	
Detox from smoking -cigarettes, vaping, cigars, etc. • Best to quit at once	“I’ll be quit by then” date: Routines and triggers that make you smoke removed and replaced with healthy routines:	If necessary, add patches, chewing gum, lozenges designed for smoking cessation:	Engage in counseling and/or group therapy if needed Use of Quit lines-like 800-quit-now Use of apps designed to help quit smoking:	Stop smoking by the end of Week 4
Number of cigarettes smoked /day	<div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	Should be zero/close to zero by end of week 4 or by your chosen date
Detox from alcohol recommended:	Up to 2 routine alcoholic serving /day	Up to 1 routine alcoholic serving/day	Up to 1 routine alcoholic serving/day 6 times/week	Up to 1 routine alcoholic serving/day 5 times/week
Actual				
Nutrition: Get rid of refined sugar	Start using healthy choices (see Chapter 4 for swapping options and other tips)			WEEK 4 GOAL: Maximum of 3 servings of refined sugar/week
Log of sugar servings per week				
Nutrition Get rid of fast food	Start using healthy choices (see Chapter 4 for swapping options)			WEEK 4 GOAL: Maximum of 3 servings of fast food /week
Actual number of fast food servings/week				

Nutrition Avoid unhealthy drinks (Best to quit intake at once) and use healthy options (see Chapter 4)	Recommendation: Maximum of 1 glass/day of the less-healthy choices	Recommendation: Up to 4 glasses of less-healthy choices/week	Recommendation: Up to 3 glasses of less-healthy choices /week	Recommendation: Maximum of 1 -2 glasses/week of the less-healthy choices
Unhealthy drinks consumption log				
Daily water and other healthy drinks consumption (oz or glasses)	<div></div>	<div></div>	<div></div>	<div></div>
Physical activity Gradual increase in the number of steps/day by -NEAT increase -physical exercises	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	WEEK 4 GOAL : at least 4,000 steps/day (depending on the individual fitness and baseline number of steps/day you may go slower or faster)
Number of days/week you reached a minimum *These numbers might be too high or too low depending on your baseline fitness)	2500 steps/day	3000 steps/day	3500 steps/day	4000 steps/day
Daily walking	10 minutes or more brisk walking every day	15 minutes or more brisk walking every day	20-25 minutes brisk walking every day	25-30 minutes brisk walking every day
Morning stretching exercises for 5-10 minutes every day (Y/N)				
Sleep Number of nights/week with less than 7 or more than 9 hours of sleep				
Stress Recommended:	Deep breathing exercises once a day for 3 minutes	Deep breathing exercises 2 times a day for 3 minutes	Deep breathing exercises twice a day for 3 to 5 minutes	Deep breathing exercises twice a day for 5 minutes

Intervention	Week 5	Week 6	Week 7	Week 8																											
Detox from smoking -cigarettes, vaping, cigars, etc. Number of cigarettes smoked /day :	CONGRATULATIONS IF YOU STOPPED SMOKING BY THE END OF WEEK 4!! But if you did not, you should quit this month by week 8!																														
	GOAL:																														
																									0	0	0	0	0	0	0
Detox from alcohol recommended	Up to 1 routine alcoholic serving/day 4 times/week	Up to 1 routine alcoholic serving/day 3 times/week	1 routine alcoholic serving/day 2 days/week	1 routine serving/day 1-2 days/week or on rare occasions like unavoidable social occasions																											
Actual																															
Nutrition: Get rid of refined sugar Recommendations:	Use healthy choices as per Chapters 4 and 5			Maximum 1 serving refined sugar dessert/ week																											
Actual number of servings/week																															
Nutrition Get rid of fast food Recommendations:	Start using healthy choices (see Chapter 4 and 5 for swapping options)			Maximum of 1 serving of fast food /week																											
Actual number of fast food servings/week																															
Nutrition: Avoid as much as possible refined grains	Start using healthy choices (see swaps in Chapter 5)	Consume refined grains 5-6 times/week	Consume refined grains 4 times/week	Consume refined grains up to 3 times/week																											
Actual																															
Daily intake of fruits and vegetables (number of servings)																															
Nutrition Avoid unhealthy drinks (Best to quit intake at once) and use healthy options as recommended in Chapters 4 and 5	Goal: zero intake	Goal: zero intake	Goal: zero intake	Goal: zero intake																											
Unhealthy drinks consumption log																															
Daily water and other healthy drinks consumption (oz or glasses)																															
INTERMITTENT FASTING -Number of fasting hours/day and -Number of days/week intermittent fasting followed																															
Physical activity Gradual increase in the number of steps/day by	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	The week 8 goal is at least 6,000 steps/day most of the days (depending on the																											

-NEAT increase -physical exercises				individual fitness and baseline number of steps/day you may go slower or faster
Keep record of number of days/week you reached at least: *These numbers might be too high or too low depending on your baseline fitness)	Number of days/week with 4000 steps/day	Number of days/week with 4000-5000 steps/day	Number of days/week with 5000-6000 steps/day	Number of days/week with 6000 steps/week
Daily walking (achieved: Y/N)	At least 30 minutes	At least 30 minutes	At least 30 minutes	At least 30 minutes
Morning stretching exercises for 5-10 minutes every day (achieved Y/N)				
Muscle-strengthening exercises -start low level and gradually increase as tolerated	Recommended: 1 time/week for 5 -10 minutes	Recommended: 1 time/week for 10 minutes	Recommended: 2 times/week for 5-10 minutes	Recommended: 2 times/week for 5-10 minutes
Sleep Number of nights/ week with less than 7 or more than 9 hours of sleep				
Keep log of Stress- interventions that you may find useful and when implemented				
Supplements	Follow Supplements Log Form			
Red Light Therapy Sessions -start slow,1-2 sessions/week and may slowly increase following manufacturer's recommendations	Number of sessions/week	Number of sessions/week	Number of sessions/week	Number of sessions/week

Intervention	Week 9	Week 10	Week 11	Week 12
Smoking	This is huge: you quit smoking! Your body is healing right now, that's amazing!			
Alcohol -recommended	Goal: up to 4 servings per month			
Weekly alcoholic servings				
Nutrition: Get rid of refined sugar Recommended:	Maximum 1 serving refined sugar dessert/ week	Maximum 1 serving refined sugar dessert/ week	Maximum 1 serving refined sugar dessert/ week	Maximum 1 serving refined sugar dessert/ week
Actual:				
Nutrition Get rid of fast food Recommendations:	Zero intake	Zero intake	Zero intake	Zero intake
Actual:				
Nutrition: Avoid as much as possible refined grains	If possible consume up to 2-3 times/week	If possible consume up to 2-3 times/week	If possible consume up to 2-3 times/week	If possible consume up to 2-3 times/week
Actual:				
Daily intake of fruits and vegetables (number of servings)	<div></div>	<div></div>	<div></div>	<div></div>
Nutrition Unhealthy drinks as listed in Chapters 4,5 and 6	zero intake	zero intake	zero intake	zero intake
Daily water and other healthy drinks consumption (amount in oz or number of glasses)	<div></div>	<div></div>	<div></div>	<div></div>
INTERMITTENT FASTING Recommended: 8/16 schedule followed by healthy meal!!	Suggested 3 times/week	Suggested 4 times/week as tolerated	Suggested 5 or more times/week as tolerated	Suggested 5 or more days/week as tolerated
Actual:				
Physical activity Gradual increase in the number of steps/day by -NEAT increase -physical exercises	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	Increase by 500-1000 steps each week	The week 12 goal is at least 7,000 steps/day most of the days (ideally every day)
Keep record of number of days/week you reached at least: *These numbers might be too high or too low depending on your baseline fitness)	Number of days/week with 6000 steps/day	Number of days/week with 6500 steps/day	Number of days/week with 7000 steps /day	Number of day/week with more than 7000 steps/day (7500-8000 or more)

