

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				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)				
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)				
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)				
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

Keep record of number of steps/day.	Number of days/week with 6000 steps/day	Number of days/week with at least 6000 steps/day	Number of days/week with 7000 steps/day or more	Number of days/week with 7000 steps/week or more
	Actual:			
Daily brisk walking (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 (Y/N)				
Muscle-strengthening exercises -start low level and gradually increase as tolerated	Recommended: 2 time/week for 10 minutes	Recommended: 2 times/week for 10 minutes	3 times/week for 10 minutes	3 times/week for 10 -15 or more minutes
Actual:				
Balance and stability exercises after stretching (Y/N)	Every day for 5-10 minutes	Every day for 5-10 minutes	Every day for 5-10 minutes	Every day for 5-10 minutes
Yoga/Tai Chi (optional)	1-2 sessions/week of 15 minutes	1-2 sessions/week of 15 minutes	3-4 sessions/week of 15-20 minutes	3-4 sessions/week of 15-20 minutes
Sleep Number of nights per week with less than 7 or more than 9 hours of sleep				
Record the stress-interventions that you may find useful and when implemented				
Supplements	Follow Supplements Log Form			
Brain Function Support "Mind Lab Pro" Formula Daily use				
Immunity Support "5 Defenders" Daily use				
Red Light Therapy Sessions -start slow,1-2 sessions/week and may slowly increase following manufacturer's recommendations	No of sessions/week	No of sessions/week	No of sessions/week	No of sessions/week