

JULY 2026 MONTHLY WELLNESS PLAN FOR RICHARD

Introduction

Richard, it is good to be back with you for another month. Your habit of heading out on the water connects directly to the steady focus you bring to other parts of the day. This plan gives you concrete ways to carry that rhythm forward through the coming weeks.

When you're ready, adding a new health interest or hobby to your profile lets next month's plan grow with you.

Hobby Integration

Golf lets you link balance work to your full-course rounds at a fresh venue. Arrive early enough for a short pre-round walk around the practice area to anchor your posture before the first tee.

Offshore boating already gives you time on the water that clears the mind. After securing the lines at a new marina, pause for one minute to note one detail that felt smooth during the run.

Yoga supports your daily movement without needing a studio change. Keep one evening sequence short and focused on shoulder and hip mobility right after dinner.

Aquariums and fishkeeping reward close observation. Shift one weekly check to a different time of day so you notice how the fish behave under changing light.

Amateur radio offers a quiet channel for connection. Listen for one new call sign during an evening session and jot it down to follow up later in the week.

Local Spotlight

The Preserve At Turnbull Bay offers a quiet nine-hole loop with gentle elevation that fits a golf round without crowding the schedule.

Babe James Community Center runs open rec hours where you can drop in for light indoor movement on days the weather pushes you inside.

New Smyrna Beach Sports Complex has open fields and paths that make an easy post-round stretch or short walk feel natural.

Action Plan

- Pack a protein-and-vegetable snack before heading to The Preserve At Turnbull Bay so your round stays fueled without mid-course stops.
- Reach out with one quick message to a boating friend to confirm a shared outing this month and keep the social thread active.
- Dim the lights thirty minutes before bed each evening to support your consistent sleep schedule while the summer light lingers.
- After a round at New Smyrna Golf Club, note one detail that felt steady in your swing to carry that awareness into the next outing.
- Check one aquarium parameter during the weekly window and record it in the same notebook you use for ham radio logs so the habit stacks easily.

Pet Care Tips

Set up a second fresh water station near the back door for Kenia and Cody so both stay hydrated during the hottest part of the day.

Add a short training session with a favorite toy for Kenia after his morning check so the exercise stays consistent without extra time

blocks.

Offer Cody a dental chew after his evening meal to keep the routine tied to something already on the calendar.

Finds for You

- Book: *Mind Your Gut* by Kate Scarlata and Megan Riehl — this pairs practical gut strategies with your interest in digestive comfort. Available at major booksellers.
- Recent development: A balanced gut microbiome can improve insulin sensitivity and help regulate blood sugar levels. Search “gut microbiome blood sugar regulation 2026” on PubMed.
- Recent development: Functional ingredients in pet nutrition are showing promise for supporting metabolic health and blood sugar management in dogs. Search “pet metabolic health gut microbiome dogs 2026” on NutritionInsight.
- Recent development: Wellness trends for 2026 emphasize consistent meal timing and hydration to reset gut balance. Search “gut health resolutions 2026 meal timing” on United Digestive.

Follow the trail on whatever catches your eye, drop what you like in your calendar, and you are GOOD TO GO!

Travel Wellness

Your August trip to Marco Island gives you a chance to carry the same routines you keep at home onto a different stretch of coast. The shorter window means focusing on what already works for blood sugar balance and gut comfort while the dogs travel with you. Kenia and Cody will appreciate the same water and meal anchors you use at home, and the change of scenery can refresh the way you approach both golf and time on the water.

History

Marco Island sits in Collier County on Florida's southwest coast. It developed as a residential and resort community in the mid-twentieth century after earlier settlement by fishing families. Today it is known for its beaches, marinas, and quiet residential neighborhoods that draw visitors year-round.

Happenings

- An annual summer market runs on weekends and features local produce and seafood that pair well with your gut-health focus. Search "Marco Island summer market 2026" on the Marco Island official tourism site to confirm this season's dates and details.
- Regular community events at local parks include gentle outdoor gatherings that fit a short social outing. Search "Marco Island community events August 2026" on the City of Marco Island site to confirm this season's dates and details.

Tips for You

- Rose Marina remains a convenient spot for short boat-related planning even if you do not launch. Search "Rose Marina Marco Island boat rentals" on the destination's visitor site.
- Canine Cove Dog Park offers a safe, shaded area for Kenia and Cody during the trip. Search "Canine Cove Dog Park Marco Island" on local maps.
- The Island Country Club provides a nearby golf option if you want a round while away. Search "The Island Country Club Marco Island golf" on the club's site.

Inspirational Quote

"An early-morning walk is a blessing for the whole day." — Henry David Thoreau

This quote fits you because your own early movement habits already set a steady tone for the hours that follow.

Reminders

For Your Calendar

- Pack the protein snack before the round at The Preserve At Turnbull Bay.
- Send the quick message to confirm the boating outing.
- Dim lights thirty minutes before bed each evening.
- Check one aquarium parameter during the weekly window.
- Schedule the second water station for Kenia and Cody.
- Note one smooth detail after the next golf round.

Closing

You keep showing up for the details that matter—rounds on the course, lines on the boat, parameters in the tank. That same attention extends outward to the people in your life, and the steadiness you bring there feeds back into your own days in ways that stay with you.

And don't forget to pass along the plans for Joan and Carroll — forward each by email, or print them and pop them in the mail as a warm personal touch.

Blueprint Pool — Share Your Wellness Waves

"It is rare to find a wellness tool that people actually want to engage with. This one earns its place."

"The proxy feature lets me support my mom from three states away. It's the next best thing to being there."

"I keep all of Dad's care details in one place now, and his plan gives us something positive to focus on together."

"Each plan reflects my actual interests, so the suggestions never feel generic. I'm hooked!"

Share your own wellness wave and keep the pool moving.

Proxy Care Appendix

Your proxy member's wellness plan reminders are automatically imported. Consider adding or updating information. For example: Key Contacts like local helpers / neighbors who can check in, home care aide contact (if any). Maintain a Medical Snapshot: Current meds, allergies, chronic conditions, primary doctor, pharmacy, insurance information, typical daily routine, hobbies, interests, and what engages them, and pet care notes (if applicable).

Joan

Joan's Contact Details

Phone: 954-234-9954

Email: mom@gmail.com

Address: 3344 Sunset Blvd, Marco Island FL 43215

Joan's Key Contacts

Name	Role / Relationship	Phone	Description / Notes
Dr Williams	Primary	954 -995-8834	Mom visits every 3 months and has been for 3 years.
Jim and Betty Smith	Neighbors	954-223-4456	play bridge and go to dinner often
Theresa	Independent Caregiver	954-223-4454	Stops in daily to help with household chores and also takes to appointments. Does a great job keeping up with mom's schedule.
Ann DuPont	close friend	305-234-8876	They speak over the phone regularly and I can check in with Ann any time for feedback.

Blueprint Gift Wellness Plan

Prepared for Richard — New Smyrna Beach, FL



Name	Role / Relationship	Phone	Description / Notes
Dr Ginger	Vet for Killey	954-321-5432	teaming with Dr Ginger to help mom and assure Killey is well cared for.

Reminders Section from Joan's latest wellness plan

- Visit Shore Goods for a focused vintage browse with posture resets.
- Play one bridge session with an early posture check.
- Read one chapter with the book at eye level.
- Add a colorful vegetable to dinner each evening.
- Schedule Killey's next wellness exam.
- Pack sun protection and a light jacket for the October trip.

My Personal Care Notes and Important Links for Joan

- Reminders to focus on: Current medication list, pharmacy name and phone number, location of advance directives / living will / DNR / healthcare power of attorney, update her wellness plan hobbies, interests, and pet care interests. This resource <https://www.nih.gov/> found within the blue Proxy Care Resources tab at the top of the entry form. Next up; set up a medical wallet card for her to carry in her purse. <https://www.nia.nih.gov/health/caregiving> <https://www.aarp.org/caregiving>

Carroll

Carroll's Contact Details

Phone: 386-234-5678

Email: dad@gmail.com

Address: 2343 Titusville Ave, Titusville FL, 34521

Carroll's Key Contacts

Name	Role / Relationship	Phone	Description / Notes
Dr Adams	primary	386-456-4321	Recently referred dad for hip replacement and thus his move to Titusville to be in Nancy's care for the surgery there. Mom staying in Marco.

Reminders Section from Carroll's latest wellness plan

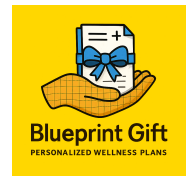
- Browse one section at Dusty Rose Antique Mall and note three details.
- Add one colorful vegetable to a meal each day this week.
- Spend twenty minutes at a shaded vantage point for aircraft spotting.
- Take a two-minute breathing pause after an evening chapter.
- Visit Titusville Market early for one seasonal item.
- Check one new bird identification note from a podcast episode.

My Personal Care Notes and Important Links for Carroll

- Check in with Nancy regularly and make sure all is on track as planned. Potential resources to investigate: <https://www.caregiver.va.gov/>
<https://www.woundedwarriorproject.org/programs/family-support>

Blueprint Gift's Community Highlights

Be sure to enjoy your on-demand Express Requests, they are included at no extra charge. Found a new interest? Run an Express. Added a new proxy? Run an Express. Considering a vacation? Run an Express.



Explore the Finds for You section, search deeper and elevate your awareness. Please share your ideas for new health or hobby interests, we will add them when appropriate. We appreciate all the testimonials, keep them coming!

Many people supporting aging parents from a distance are finding this simple monthly plan helpful for both themselves and their loved ones. Some are even sharing it with their employer to consider deploying as a way to support caregivers on their teams. We're currently running free pilots for employers and community organizations and this Community Highlights section becomes theirs to help drive greater awareness of their full benefits offering. More information can be found at the blueprintgift.org website listed below.

Important Links to Consider:

[Refer a Friend](#)

[Refer an Organization](#)

[Share a Testimonial](#)

[Health Interest Suggestion](#)

[Hobby Interest Suggestion](#)

[Suggestions and Feedback](#)

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