FIGURE 15

The Methuselah Factor Diet and Lifestyle Program Overview and Checklist

Chapt # (Day #)	15 (1)	16 (2)	17 (3)	18 (4)	19 (5)	20 (6)	21 (7)	22 (8)	23 (9)	24 (10)	25 (11)	26 (12)	27 (13)	28 (14)	29 (15)
Day #	Call a local blood bank	Measure _____, _____ times per day/week	Get _____ min exercise per day/week	Eat beans daily	Daily connect with someone about this program	Only have ___caffeinated drinks per day/week	Set aside one day for rest weekly	Decrease salt consumption	Do resistance exercise _____ times per week	Go meat-free _____ days per week	Follow at least two healthy sleep principles nightly	Drink ____ ounces of water per day	Use hydrotherapy at least once per week	Focus on spiritual health during your weekly rest day	I will daily _____ to help me lose weight
1															
2															
3															
4															
5															
6															
7															
Wk 1 Total															
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Wk 3 Total															
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27															
28															
Wk 4 Total															
29															
30															

FIGURE 15 (CONTINUED)

The Methuselah Factor Diet and Lifestyle Program Overview and Checklist

Chapt # (Day #)	30 (16)	31 (17)	32 (18)	33 (19)	34 (20)	35 (21)	36 (22)	37 (23)	38 (24)	39 (25)	40 (26)	41 (27)	42 (28)	43 (29)	44 (30)
Day #	Do daily deep breathing exercises	Avoid high-sugar foods	Implement this environmental strategy: _____	Increase green vegetable intake daily OR do a vegetable fast one day per week	Improve daily oral care OR increase your daily intake of magnesium	Improve at least one of your previous target behaviors	Engage in some type of fasting either daily or weekly	Fill out Figure 19	Eliminate the following stressor: _____	Implement a strategy to harness this stressor: _____	Eliminate any supplements that are neither prescribed nor of clear benefit	To my daily regimen, add the following supplement: _____	Forgive _____ OR perform one act of unmerited kindness daily	Boost melatonin with lifestyle practices OR take a melatonin supplement	Stick with at least one of your new lifestyle habits for 30 more days
16															
17															
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Wk 3 Total															
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