

# LONGEVITY DIARY

Day: \_\_\_\_\_ Give Yourself a Wellness Grade for Today: (A) (B) (C) (D) (F)

**MEAL #1** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SNACK #1** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**MEAL #2** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SNACK #2** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**MEAL #3** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SNACK #3** Time: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### DAILY DOZEN FOODS\*

- Tomato/Tomato Products
- Broccoli
- Spinach
- Whole Grains
- Fish (See Recommendations)
- Legumes
- Nuts
- Blueberries
- Apple
- Pomegranate Juice
- Green Tea
- Red Wine (See Recommendations)

### SECONDARY FOODS

- Peanut Butter
- Yogurt
- Spices
- Avocado
- Sweet Potato
- Dark Chocolate/Cocoa

### NUTRITIONAL SUPPLEMENTS

- Daily Multivitamin/Mineral
- Vitamin E (400 IUs)
- Vitamin C (500 mg)
- Selenium (200 mcg)
- Fish Oil/Flax Seed Oil (1-2 grams)
- Garlic Extract (600 mg twice daily)
- Green Tee Extract (300-400 mg)
- B-Complex Vitamin (as directed)
- Calcium Citrate (800-1200 mg)
- Fiber (Optional; 25-35 grams daily)
- Co-Q10 (Optional; 100-150 mg)
- Aspirin (Physician Supervised)

### WATER

- 8 Eight Ounce Glasses or More Daily

### SLEEP QUALITY\*\*

- Hours: 1•2•3•4•5•6•7•8•9•10•11•12
- Quality: Poor•Fair•Good•Excellent

### PHYSICAL ACTIVITY

- Aerobic Activity  
Type:  
Duration:
- Weight Training
- Yoga
- Pilates
- Other:

### RELAXATION TECHNIQUES

- Deep Breathing
- Progressive Relaxation
- T'ai Chi
- Yoga
- Meditation
- Laughter

### SOCIAL NETWORKS\*\*\*

- Socialized with Friends Today

### INTELLECTUAL ACTIVITY

- Reading, Puzzles, Problem Solving

### TODAY I FEEL...

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Happy     | <input type="checkbox"/> Angry      |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Hopeless   |
| <input type="checkbox"/> Lonely    | <input type="checkbox"/> Anxious    |

### PHYSICAL ASSESSMENT\*\*\*\*

- Weight (lbs):
- Bodyfat:
- BMI:
- Waist Circumference:
- Improvement:  Yes  No

### DAILY STRESS METER



Very Low

Moderate

Very High

\* Consume as many foods as possible each day from this group.

\*\* 7-8 hours of sleep per night is recommended.

\*\*\* Socialized with people other than family members.

\*\*\*\* Physical assesment should be performed bi-weekly to evaluate for improvement.