

LONGEVITY DIARY

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

MEAL #1 Time: 8:50 a.m.

Instant Oatmeal with Blueberries and Oat Bran (2 tsp)
 Scrambled Eggs (2 whites/2 whole eggs w/ non-stick cooking spray)
 Pomegranate Juice (8 oz)
 Coffee w/ half and half (no sugar)

SNACK #1 Time: 11:00 a.m.

Apple w/natural peanut butter (2 tbsps)

MEAL #2 Time: 1:20 p.m.

Garden salad w/baby spinach, tomatoes, broccoli, cauliflower, avocado and goat cheese
 Sliced grilled free-range chicken breast
 Olive oil (2 tbsps) and balsamic vinegar mix for dressing
 Green tea with lemon (2 cups)

SNACK #2 Time: 3:30 p.m.

Protein shake (whey) with non-fat milk and cinnamon
 Walnuts (about a handful)

MEAL #3 Time: 6:00 p.m.

Wild salmon w/ lemon and herbs (baked)
 Broccoli (steamed) with lemon and olive oil
 Garden salad w/ baby spinach, cabbage, tomatoes, onions and cucumbers
 Olive Oil (2 tbsps) and balsamic vinegar mix for dressing
 Red Wine (1 glass)

SNACK #3 Time: 8:20 p.m.

Green tea (2 cups)
 Dark Chocolate (70% cocoa)

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: Treadmill
Duration: 45 minutes
- 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

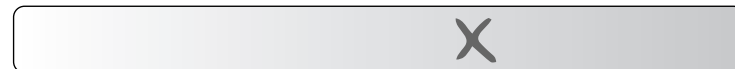
TODAY I FEEL...

- | | |
|---|-------------------------------------|
| <input checked="" 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): 205
- Bodyfat: 8%
- BMI: 25
- Waist Circumference: 32 inches
- 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 assessment should be performed bi-weekly to evaluate for improvement.

LONGEVITY DIARY

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

MEAL #1 Time: 8:40 a.m.

Instant Oatmeal with Blueberries and Oat Bran (2 tsp)

Protein shake (whey) with low-fat milk and cinnamon

Pomegranate juice (8 oz)

Coffee with half and half (no sugar)

SNACK #1 Time: 10:55 a.m.

Yogurt (non-fat plain) with fresh strawberries

MEAL #2 Time: 1:15 p.m.

Garden salad w/baby spinach, tomatoes, broccoli, onions, chick peas, walnuts and walnuts

Olive oil (2 tbsps) and balsamic vinegar for dressing

Italian wedding soup (bowl)

Green tea with lemon (2 cups)

SNACK #2 Time: 3:10 p.m.

Protein shake (low-sugar ready-to-drink variety)

Walnuts (handful)

MEAL #3 Time: 5:45 p.m.

Free-range chicken with lemon, garlic and herbs (baked)

Asparagus (steamed) with lemon, olive oil and light parmesan cheese

Sweet potato with low-fat sour cream (1 tbsps)

Red wine (2 glasses)

Coffee with half and half (no sugar)

SNACK #3 Time: 7:30 p.m.

Apple with peanut butter (1 tbsps)

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)
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- Fiber (Optional; 25-35 grams daily)
- Co-Q10 (Optional; 100-150 mg)
- Aspirin (Physician Supervised)

WATER

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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: Elliptical trainre
Duration: 45 minutes
- 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

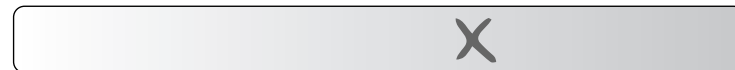
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LONGEVITY DIARY

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

MEAL #1 Time: 8:45 a.m.

Whole grain low-sugar cereal with fresh blueberries and low-fat milk
 Protein shake (50/50 soy and whey) with non-fat milk and cinnamon
 Pomegranate juice (8 ounces)
 Coffee with half and half (no sugar)

SNACK #1 Time: 10:30 a.m.

Apple w/ peanut butter
 Green tea w/ lemon and honey (2 cups - 1 tsp of honey per cup)

MEAL #2 Time: 1:20 p.m.

Garden salad w/ baby spinach, tomatoes, broccoli, cauliflower, avocado and chick peas
 Olive oil (2 tbsp) and balsamic vinegar mix for dressing
 Black bean soup (bowl)
 Coffee with half and half (no sugar)

SNACK #2 Time: 3:30 p.m.

Protein shake (whey) with non-fat milk and cinnamon
 Walnuts (about a handful)

MEAL #3 Time: 5:50 p.m.

Vegetarian chili w/ beans (no meat added - added black beans and onions)
 Whole grain bread (2 slices)
 Red wine (2 glasses)
 Homemade cocoa with soy milk and 1-2 tsp of sugar

SNACK #3 Time: 7:50 p.m.

Yogurt (low-fat, plain) with frozen blueberries

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)
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- Fiber (Optional; 25-35 grams daily)
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- 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: Spinning Class
Duration: 60 minutes
- 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

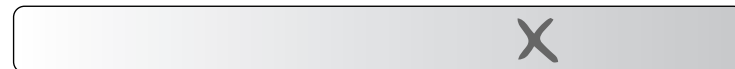
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PHYSICAL ASSESSMENT****

- Weight (lbs):
- Bodyfat:
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- Waist Circumference:
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LONGEVITY DIARY

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

MEAL #1 Time: 9:10 a.m.

Eggs (4 hard boiled)
Whole grain toast (w/ Smart Balance spread)
Apple
V-8 juice (low sodium)
Coffee with half and half (no sugar)

SNACK #1 Time: 11:20 a.m.

Meal-replacement bar (high-protein, low carbohydrate)
Green tea with lemon and honey (1 tsp)

MEAL #2 Time: 1:20 p.m.

Garden salad w/ baby spinach, cabbage, tomatoes, broccoli, cauliflower, onion and avocado
Olive oil (2 tbsp) and balsamic vinegar mix for dressing
Pasta fazool soup (Italian pasta and bean soup-bowl)
Pomegranate juice

SNACK #2 Time: 3:30 p.m.

Protein shake (whey) with soy milk and cinnamon
Walnuts (about a handful)

MEAL #3 Time: 5:45 p.m.

Grilled free-range chicken breast with lemon, garlic and herbs
Garden salad w/ baby spinach, tomatoes, onions, chick peas, black beans and cucumber
Olive oil (2 tbsp) and balsamic vinegar mix for dressing
Red wine (2 glasses)
Green tea with lemon and honey (1 tsp)

SNACK #3 Time: 7:30 p.m.

Baked tortilla chips with hummus
Dark chocolate bar (4 oz)

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)
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- Fiber (Optional: 25-35 grams daily)
- Co-Q10 (Optional: 100-150 mg)
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WATER

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DAILY STRESS METER



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SLEEP QUALITY**

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- Quality: Poor•Fair•Good•Excellent

PHYSICAL ACTIVITY

- Aerobic Activity
Type: Treadmill
Duration: 60 minutes
- 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...

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| <input type="checkbox"/> Lonely | <input type="checkbox"/> Anxious |

PHYSICAL ASSESSMENT****

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

LONGEVITY DIARY

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

MEAL #1 Time: 8:45 a.m.
Cold whole-grain low-sugar cereal with skim milk and fresh blueberries added
4 scrambled egg whites
Pomegranate juice (8 oz)
Coffee w/ half and half (no sugar)

SNACK #1 Time: 10:30 a.m.
Protein shake (whey) with non-fat milk and cinnamon

MEAL #2 Time: 12:40 p.m.
Garden salad w/baby spinach, cabbage, tomatoes, broccoli, cauliflower, chick peas, onions and goat cheese
Italian wedding soup (cup)
Olive oil (2 tbsps) and balsamic vinegar for dressing
Green tea (2 cups w/ lemon)

SNACK #2 Time: 2:50 p.m.
Walnuts (about 2 handfuls)
Apple

MEAL #3 Time: 5:25 p.m.
Tilapia (baked) w/ lemon and herbs
Steamed broccoli w/ lemon, garlic and olive oil
Sweet potato w/ low-fat sour cream
Red wine (2 glasses)
Coffee w/ half and half (no sugar)

SNACK #3 Time: 7:30 p.m.
Dark chocolate bar (4 oz)
Green tea (2 cups with lemon)

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

DAILY STRESS METER



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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: Biking
Duration: 45 minutes
- 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...

- Happy Angry
- Sad Frustrated
- Depressed Hopeless
- Lonely Anxious

PHYSICAL ASSESSMENT****

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

LONGEVITY DIARY

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

MEAL #1 Time: 8:30 a.m.

Omelet w/ spinach, tomato and feta cheese (non-stick cooking spray)
 Whole grain toast (2 slices w/ Smart Balance spread)
 Apple
 Pomegranate juice
 Coffee w/ 2 tbsps half and half (no sugar)

SNACK #1 Time: 10:45 a.m.

Protein shake (whey) with soy milk and cinnamon

MEAL #2 Time: 1:20 p.m.

Pizza (3 slices)
 Iced tea (sweetened with 2 packets of sugar)

SNACK #2 Time: 2:50 p.m.

Tomato and mozzarella cheese (sliced) w/ olive oil, balsamic vinegar and fresh basil
 Walnuts (handful)

MEAL #3 Time: 5:20 p.m.

Filet Mignon (grilled 8 oz)
 Garden salad w/ baby spinach, tomato, walnuts and goat cheese (olive oil and vinegar)
 Asparagus (grilled and topped with olive oil and lemon juice)
 Red wine (2 glasses)
 Coffee with half and half (no sugar)

SNACK #3 Time: 8:40 p.m.

Dark chocolate bar (4 oz)
 Green tea (2 cups)

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

DAILY STRESS METER



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: Spinning Class
Duration: 60 minutes
- 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...

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PHYSICAL ASSESSMENT****

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- Waist Circumference:
- Improvement: Yes No

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