

Bonus Example -Via's Big Picture Planner - Optimizers

OPTIMIZERS	M	T	W	T	F	S	S
12-MIN WALK W/ HUSBAND BEFORE BREAKFAST	X	X	X	X	X	X	X
NO SNACKS AFTER DINNER	X	X	X	X	X	X	X
12-MINUTE POST-DINNER WALK	X	X	X	X	X	X	X
GLASS OF WATER AFTER I WAKE UP	X	X	X	X	X	X	X
POST/BE INSPIRED BY HYDRATION WORKSHEET 10	X	X	X	X	X	X	X
TRY TO EAT FROM M.O.M. FOOD LIST	X	X	X	X	X	X	X
USE MORE SPICES WITH BIOACTIVE COMPOUNDS	X	X	X	X	X	X	X
EAT NUTRIENT RICH, HIGH PROTEIN MEALS	X	X	X	X	X	X	X
USE SUPPLEMENTS SPARINGLY & WISELY	X	X	X	X	X	X	X
ADD ZONE 2 EXERCISE - SEE BUILDERS	X	X	X	X	X	X	X
HUM WHEN I WALK & AS OFTEN AS I CAN	X	X	X	X	X	X	X
DRINK 1 CUP OF MATCHA TEA IN THE MORNING	X	X	X	X	X	X	X
USE NON-TOXIC CLEANING PRODUCTS MORE	X	X	X	X	X	X	X
USE A GROUNDING PAD ON MY BED	X	X	X	X	X	X	X

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.