

Bonus Example - Via's Big Picture Planner - Safekeepers

SAFEKEEPERS	M	T	W	T	F	S	S
YOGA		X		X			
BREATHWORK TRIO		X		X			
WALK WITH FRIEND			X				
WALK WITH HUSBAND	X	X	X	X	X	X	X
GRATITUDE LIST	X	X	X	X	X	X	X
KINGS IN THE CORNER WITH HUSBAND	X	X	X	X	X	X	X
TRY TO LIVE IN AWE & WONDER	X	X	X	X	X	X	X
PLAY WITH MY CAT, MILO	X	X	X	X	X	X	X
SPEND TIME OUTSIDE IN MORNING LIGHT	X	X	X	X	X	X	X
WAKE UP AT 7 AM. GO TO SLEEP AROUND 11 PM.	X	X	X	X	X	X	X
TAI CHI LESSONS						X	
AA Meeting	X			X			

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

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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

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Bonus Example -Via's Big Picture Planner - Builders

BUILDERS	M	T	W	T	F	S	S
MAINTAIN CURIOSITY ALONG W AWE 7 WONDER	X	X	X	X	X	X	X
WRITE A PUBLISH A BOOK ON MITOCHONDRIA	X	X	X	X	X	X	X
PLAY KINGS IN THE CORNER W MY HUSBAND	X	X	X	X	X	X	X
PLAY BRAIN GAMES< WORDLE, SUDOKU, ETC.	X	X	X	X	X	X	X
TRY COLD SPLASH AT END OF WARM SHOWER	X		X		X		X
RESEARCH HOME SAUNA	X						
USE RED LIGHT THERAPY PAD	X		X		X		X
USE RED LIGHT THERAPY EYE CLASSES	X	X	X	X	X	X	X
KEEP MOVING - SQUAT AS OFTEN AS I CAN	X	X	X	X	X	X	X
TEACG YOGA & PRACTICE YOGA	X	X	X	X	X	X	X
DUMBBELL WORKOUT TWICE A WEEK		X		X			
SQUARE DANCE LESSONS	X				X		
WALK 12 MINUTES BEFORE BREAKFAST			X				
EXTRA EFFORT AT END OF 12 MINUTE WALK	X	X	X	X	X	X	X
WALK 12 MINUTES AFTER DINNER MEAL	X	X	X	X	X	X	X
EXTRA EFFORT AT END OF AFER DINNER WALK	X	X	X	X	X	X	X
WALK AT LEAST 3 MILES 3 TIMES A WEEK	X	X	X	X	X	X	X

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