

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

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.