

Longevity Daily Habit Tracker

Build and Monitor the Habits That Extend Your Healthspan

How to Use This Tracker

Each day, check off the habits you completed. Aim for consistency over perfection — even 5 out of 7 habits daily creates powerful long-term results. Review your weekly score every Sunday.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep 7-9 Hours	■	■	■	■	■	■	■
Drink 8+ Glasses of Water	■	■	■	■	■	■	■
Eat Protein at Every Meal	■	■	■	■	■	■	■
Walk 30+ Minutes	■	■	■	■	■	■	■
Eat 5 Servings Vegetables	■	■	■	■	■	■	■
No Eating 2hrs Before Bed	■	■	■	■	■	■	■
Strength or Resistance Training	■	■	■	■	■	■	■
Mindfulness / Stress Relief	■	■	■	■	■	■	■
Take Key Supplements	■	■	■	■	■	■	■
Social Connection (call/visit)	■	■	■	■	■	■	■
Weekly Score							__ / 70

Weekly Score Guide

Score	Rating	What It Means
63-70	Excellent	You are actively building longevity. Keep it up!
49-62	Good	Strong foundation. Focus on your weakest habits.
35-48	Fair	Good start. Pick 2 habits to improve this week.
Under 35	Needs Work	Start small. Add one new habit every 3 days.

Weekly Notes & Reflections

What went well this week:

What was challenging:

One habit I will focus on next week:

Get Your Full Longevity Starter Kit

Visit www.health.xyz/longevity-starter-kit for your complete guide including a 7-day plan, biomarker awareness guide, and more free tools.