FIGURE 15

The Methuselah Factor Diet and Lifestyle Program Overview and Checklist

Chapt # (Day #)	15 (1)	16 (2)	17 (3)	18 (4)	19 (5)	20 (6)	21 (7)	22 (8)	23 (9)	24 (10)	25 (11)	26 (12)	27 (13)	28 (14)	29 (15)
Day #	Call a local blood bank	Measure _____ times per day/week	Get _____ min exercise per day/week	Eat beans daily	Daily connect w/ someone about this program	Only have ___caffeinated drinks per day/week	Set aside one day for rest weekly	Decrease salt consumption	Do resistance exercise _____ times per week	Go meat-free _____ days per week	Follow at least two healthy sleep principles nightly	Drink ____ ounces of water per day	Use hydrotherapy at least once per week	Focus on spiritual health during your weekly rest day	I will daily _____ to help me lose weight
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