

Stronger As You Age — Daily Essentials Checklist

The 6 habits that matter most for midlife strength, energy & fat loss.

1 Protein at Every Meal

Goal: ~30g per meal

- ☐ Breakfast
 - ☐ Lunch
 - ☐ Dinner
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2 25–35g Fiber Per Day

- ☐ Added fruit or veggie to each meal
 - ☐ One high-fiber food (berries, beans, oats, chia, flax)
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3 Daily Movement (NEAT)

Goal: 7,000–10,000 steps

- ☐ Hit daily step goal
 - ☐ Optional: 5–10 minute after-meal walk
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4 Strength Training (Quick Check)

(Only check on the days it applies)

☐ Completed strength workout today

OR

☐ Scheduled your next one (2–3x/week)

5 Hydration for Energy

Goal: 80–100 oz/day

☐ 12–16 oz first thing

☐ Afternoon hydration check-in

6 Nervous System Reset

Goal: 3–5 minutes

☐ Breathing, stretching, journaling, or quiet moment

Evening Reflection

☐ I hit 80% today — that's enough

☐ I took one step toward a stronger me

☐ Tomorrow, I keep going