Maximum Optimally Healthy Age

_____ years old

_____ years old

Current Reality

Secondary Choices

1. Reach a healthy weight
2. Model the Habits of Health
3. Maintain optimal health for age
4. Adopt Dr. A's longevity plan
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Timeline

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