

ALL THINGS AGELESS HEALTHY LIVING PLAN

Rate your Ageless Lifestyle

I wear **sunscreen** throughout the day

Rarely 1-3 days 4-6 days Every day

I drink **2 +quarts of purified water**

Rarely 1-3 days 4-6 days Every day

I eat at least **5 cups of vegetables** a day

Rarely 1-3 days 4-6 days Every day

I eat **3 servings of lean, clean protein** each day

Rarely 1-3 days 4-6 days Every day

I **exercise for 30+ minutes** a day

Rarely 1-3 days 4-6 days Every day

I **sleep 7-8 hours** a night

Rarely 1-3 days 4-6 days Every day

I take time to **deep breath, meditate or pray**

Rarely 1-3 days 4-6 days Every day

I take **bio-available vitamins** daily

Multivitamin - Brand:

Rarely 1-3 days 4-6 days Every day

Antioxidant - Brand:

Rarely 1-3 days 4-6 days Every day

B complex - brand

Rarely 1-3 days 4-6 days Every day

Calcium/Magnesium/D3 - Brand:

Rarely 1-3 days 4-6 days Every day

Fish oil - Brand:

Rarely 1-3 days 4-6 days Every day

Other - Brands

Rarely 1-3 days 4-6 days Every

Circle the Ageless Habits you are committed to improving.

Circle the **resources** you will need?

- A support group
- Healthy eating guides/menus
- Mail-order healthy meal plan
- Age-defying Sunscreen
- TLS 21 Day Challenge kit
- Elixers/supplements

- **Multivitamin**

- **Opc3**

- **Activated B**

- **Calcium with mag**

- **Resveratrol**

- **Heart Health Omega**

- **Digestive support**

- **Energy Support**

- **Blood Sugar Support**

- **Joint/bone**

- **Memory**

Would you like register for cashback/discounts? **Yes No**

Would you like more info on turning your ageless investment into a shopping annuity? **Yes No**