



**FREE – PLEASE  
TAKE ONE**

## **AGE-PROOF AUGUST**

Welcome to the Age-Proof August Challenge! Your guide to a healthier, more active, and age-proof life. Choose some of the daily tasks below to earn points and track your progress.

### **Daily Checklist**

<b>Day</b>	<b>Activity</b>	<b>Completed <input checked="" type="checkbox"/></b>
1	10-minute stretch routine	
2	5 minutes of deep breathing	
3	5 minutes of mindfulness or meditation	
4	5-minute balance and coordination	
5	30-minute brisk walk	
6	Drink 8 glasses of water	
7	Attend an educational workshop or read an article on healthy aging	
8	Try a new vegetable or fruit	
9	Try a new recipe with high protein content	
10	Journal about your progress and how you feel	
11	Eat a high fibre meal	
12	20-minute strength training	
13	Eat a meal rich in anti-inflammatory foods, e.g., berries, leafy greens	
14	Practice a new hobby or skill	
15	Engage in a creative activity (drawing, painting, writing)	
16	Try a new vegetable or fruit	
17	Reflect on your progress and set goals for next month	
18	Perform a full body stretch routine	
19	Have a tech-free evening to improve sleep	
20	Try a relaxation technique before bed	

### **Points System**

- 1 Point for each completed Activity
- Total Points \_\_\_\_\_