

Longevity Starter Kit

1 / Six Health Numbers Checklist

Use results you already have. Leave missing items blank: this is not an instruction to order tests or start self-testing. Record dates, units and the instructions supplied with each result.

Measure	Result, date and units	Question / agreed follow-up
Blood pressure		
A1C or fasting glucose		
Lipids / cholesterol		
Waist measurement		
Resting heart rate		
Strength or mobility baseline		

These six topics organize a conversation; they are not a validated biological-age score. Your clinician decides which measures and targets are appropriate. Lipids are a panel, and a strength/mobility baseline needs a named method. Keep completed health information privately. Do not email completed worksheets to Fruitful Years.

Your weekly habit tracker

2 / One action, one realistic week

Choose a manageable action consistent with any advice you have received. This is a habit planner, not a treatment protocol.

Week starting:

My one action:

After this existing routine, I will:

Where / when:

My easier backup option:

Mon	Tue	Wed	Thu	Fri	Sat	Sun

What helped? What will I change next week?

Review the habit weekly. This is not a schedule for repeating laboratory tests.

Prepare for your visit

3 / A three-minute preparation guide

Minute 1: gather, do not diagnose. Bring existing results with dates, units and clinician instructions. Mark missing information as unknown. Choose the one concern you most want to discuss.

Minute 2: ask for context. Ask what a result means for you, whether a repeat test would change care, and what might affect interpretation. Bring an accurate medicine and supplement list to the visit.

Minute 3: leave with a next step. Confirm what to do, when to follow up, and which symptoms or results need earlier contact. Ask whom to contact if a question arises.

My main question:

Agreed next step and timing:

Who to contact:

Follow existing care instructions. Do not postpone urgent care to complete a worksheet. Do not stop or adjust medicines based on this kit.