

Successful Health & Aging Assessment

Version 0.1* 2023-10-22 by David Donohue, MD

Name: _____ Date: _____

Over the last 7 days, how many days per week do you:

- _____ Eat a daily diet of at least 80% whole plant foods.
- _____ Eat zero processed foods (avoid salt, sugar, bleached flour, processed meats, cheeses.)
- _____ Finish eating by 7pm?
- _____ Get 7000 steps?
- _____ Do 20+ minutes of strength or resistance work, or actively recover from a strength or resistance workout?
- _____ Do 30+ minutes of moderate intensity exercise or 15+ minutes of intense exercise?
- _____ Get 6 or more hours of natural sleep?
- _____ Practice mindfulness for at least 10 minutes (prayer, meditation, yoga, journaling, breathing)?
- _____ Achieve productive results on a meaningful project or goal?
- _____ Have a deep conversation with a friend or loved one?

Over the last 7 days, rate your status from 0 to 5, where 0=not at all and 5=outstanding:

- _____ I live far from highways and I breathe clean, smoke-free air all day.
- _____ I am well rested.
- _____ I have a clear goal to improve my health behavior, and I am making measurable progress.
- _____ I am free of chronic diseases, or I am making progress on treating the root causes of my chronic diseases.
- _____ I use multiple doctor-approved therapies to slow cellular aging (monthly multi-day fast, rapamycin, metformin, sauna).
- _____ I maintain optimism and a positive attitude.

_____ TOTAL POINTS

Interpretation:

A: 80-100	B: 60-79	C: 40-59	D: 20-39	E: 0 to 19
-----------	----------	----------	----------	------------

* Please note this is a non-scientific survey, based on Dr. Donohue's understanding of the latest longevity science.