

30-Day Longevity Kickstart Plan

Week-by-week checklist to establish foundational longevity habits in 30 days

Your First 30 Days of Longevity Medicine

A week-by-week plan to establish the foundational habits that drive healthspan. Each week adds one layer. By day 30, you will have a complete baseline protocol.

WEEK 1: MOVEMENT FOUNDATION

- Walk 8,000+ steps daily (track with phone or watch)
- Do 2 resistance training sessions (even bodyweight counts)
- Add 1 Zone 2 cardio session (30 min at conversational pace)
- Test current grip strength if you have access to a dynamometer
- Notes: _____

WEEK 2: SLEEP OPTIMIZATION

- Set a consistent wake time and stick to it all 7 days
- Get 10-15 min morning sunlight within 30 min of waking
- Set bedroom temperature to 65-68F (18-20C)
- Stop screens 60 min before bed (or use blue-light blocking)
- No caffeine after noon
- Notes: _____

WEEK 3: NUTRITION UPGRADE

- Track protein intake for 3 days — aim for 1.2-1.6 g/kg/day
- Ensure 30g+ protein at each of 3 meals
- Add 2+ servings of fatty fish this week (or start omega-3 supplement)
- Replace one ultra-processed snack with whole food alternative
- Start vitamin D3 supplement if not already taking
- Notes: _____

WEEK 4: TESTING & PLANNING

- Order comprehensive bloodwork (use Bloodwork Checklist)
- Schedule a DEXA scan if over 45 or have risk factors
- Start supplement foundation stack (D3, omega-3, magnesium)
- Review results with doctor or use iqhealthspan.com Lab Interpreter
- Set 3-month and 6-month retest dates

■ Notes: _____

30-DAY CHECKPOINT

By day 30, you should have established:

- 3-4 resistance training sessions/week
- 150+ minutes Zone 2 cardio/week
- Consistent wake time and sleep hygiene
- Protein target of 1.2-1.6 g/kg/day
- Foundation supplement stack started
- Baseline bloodwork ordered or completed

Medical Disclaimer: This document is for educational purposes only and does not constitute medical advice. Consult a qualified healthcare provider before making changes to your health regimen. Visit iqhealthspan.com for the full interactive versions of these tools.