

THREE PILLAR STRATEGY EXERCISE

This exercise will help you clarify your personal strategy for each of the three pillars of health: Nutrition, Exercise, and Sleep. Fill out one sheet for each pillar to define your beliefs, daily practices, rules, and measurable goals.

Insert pillar name (Nutrition, Exercise, or Sleep): _____

1. Philosophy & Belief

What do I believe about the importance of this pillar in my overall health, longevity, and energy?

Why does this matter to me personally, especially at this stage in my life and career?

2. Basic Blueprint / Daily Practice

What does an ideal day or routine look like when I'm practicing this pillar well?

How can I make it simple, repeatable, and realistic—even when life gets busy?

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What's my fallback version when time is short or when traveling? (Example: a 10-minute hotel workout if I can't get to the gym).

3. Personal Rules

What are my non-negotiables in this area?

What boundaries or standards help me stay consistent and on track? Example: No alcohol Monday–Thursday (Nutrition). In bed by 11 pm, minimum 7 hours (Sleep). 10,000 steps daily (Exercise).

4. Quantifiable Target or Goal

What measurable outcome would show me that I'm making real progress in this pillar?

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How will I know when I'm improving? Example: Eat 100g protein daily (Nutrition). 2 resistance sessions per week (Exercise). Average 7.5 hours sleep (Sleep).

5. What I Do - What specific actions or habits support me in this area?

6. What I Avoid (and Replace With) - What common traps, habits, or patterns tend to pull me off course here?

I, _____, commit to having a life filled with both success and lasting youth. I attest that the above describes my strategy for the pillar entitled: _____.

Signature

Date