



7-Day Performance Span Reset

Healthspan is not only about the future. It shows up in how you lead this week: your energy, clarity, patience, decision-making and resilience.

Before you start: if you've completed the Healthspan Performance Scorecard, choose your one action from the section below that matches your lowest-scoring category — that's the area most likely to move the needle. If you haven't completed the Scorecard, pick whichever section feels most relevant right now and choose one action from it.

The aim is not to overhaul your lifestyle in a week. The aim is to notice how your physical condition affects the way you think, lead and perform. Each option below is labelled Small or Medium effort — they are not equivalent, so weigh that against how much change you can realistically sustain this week.

01 Energy

Energy is your ability to stay physically and mentally effective across the day, without relying too heavily on caffeine, pressure or willpower.

CHOOSE ONE:

- ☐ Start the day with protein before caffeine (SMALL EFFORT)
- ☐ Take a 10-minute walk before your first meeting (SMALL EFFORT)
- ☐ Drink water before your first coffee (SMALL EFFORT)
- ☐ Take a short walk after lunch to avoid an afternoon energy dip (SMALL EFFORT)
- ☐ Stop eating at least two hours before bed (MEDIUM EFFORT)
- ☐ Avoid alcohol for the week (MEDIUM EFFORT)
- ☐ Add one strength-based training session (MEDIUM EFFORT)

My action:

02 Mental clarity

Mental clarity is your ability to think clearly and make good decisions under pressure, rather than becoming reactive or foggy.

CHOOSE ONE:

- ☐ Take 5 minutes before your first meeting to write down your top 3 priorities for the day (SMALL EFFORT)
- ☐ Single-task for one 30-minute block each day — no phone, no email (SMALL EFFORT)
- ☐ Leave a 10-minute gap between back-to-back meetings this week (MEDIUM EFFORT)
- ☐ Do one piece of important thinking away from a screen (walk, notebook, whiteboard) (MEDIUM EFFORT)

My action:

03 Recovery

Recovery is how you restore capacity after pressure, workload, travel, stress or intense decision-making.

CHOOSE ONE:

- ☐ Keep your phone out of the bedroom (SMALL EFFORT)
- ☐ Take two short breaks during the working day (SMALL EFFORT)
- ☐ Do five minutes of breathing after your most intense meeting (SMALL EFFORT)
- ☐ Create a 30-minute wind-down routine (MEDIUM EFFORT)
- ☐ Protect one evening with no work (MEDIUM EFFORT)
- ☐ Finish work at a fixed time on at least two days this week (MEDIUM EFFORT)
- ☐ Build in 15 minutes of quiet time after a demanding day (SMALL EFFORT)

My action:

04 Sleep

Sleep consistency underpins decision-making, emotional control and energy the next day.

CHOOSE ONE:

- ☐ Set a fixed wake-up time for the whole week, even on lighter days (SMALL EFFORT)
- ☐ Stop screens 30 minutes before bed on at least four nights (MEDIUM EFFORT)
- ☐ Keep the bedroom cool and dark — check and fix one thing that's currently working against this (SMALL EFFORT)
- ☐ Avoid caffeine after midday for the week (MEDIUM EFFORT)

My action:

05 Movement and strength

This is about maintaining the strength, mobility and physical capacity you need for the future you want.

CHOOSE ONE:

- ☐ Take 10,000 steps on at least four days (SMALL EFFORT)
- ☐ Do one mobility or stretching session (SMALL EFFORT)
- ☐ Add one strength-based session this week (MEDIUM EFFORT)
- ☐ Stand up and move for two minutes every hour during the working day (SMALL EFFORT)

My action:

06 Nutrition and metabolic health

This covers whether your food, alcohol and hydration habits support stable energy and focus.

CHOOSE ONE:

- ☐ Add a source of protein to every meal (SMALL EFFORT)
- ☐ Cut one specific processed or ultra-processed food you know is a problem for you (MEDIUM EFFORT)
- ☐ Drink two litres of water on most days (SMALL EFFORT)
- ☐ Cap alcohol at a specific, written-down limit for the week (MEDIUM EFFORT)

My action:

07 Stress regulation

This is your ability to downshift after intense work, rather than staying switched on for too long.

CHOOSE ONE:

- ☐ Do five minutes of breathing or a short walk immediately after your most stressful meeting (SMALL EFFORT)
- ☐ Name one thing daily that made you short-tempered or defensive, and what triggered it (SMALL EFFORT)
- ☐ Ask one trusted colleague or partner to tell you if they notice you're 'off' this week (see accountability step below) (MEDIUM EFFORT)
- ☐ Build in one deliberate no-work window each day, even 15 minutes (SMALL EFFORT)

My action:

08 Health visibility

Health visibility is about understanding the signals beneath your performance, rather than relying only on how you feel day to day.

CHOOSE ONE:

- ☐ Rate and record your energy from 1 (poor) to 5 (good) each morning, afternoon and evening for the week (SMALL EFFORT)
- ☐ Track your sleep time and sleep quality for seven days (SMALL EFFORT)
- ☐ Check and record your resting heart rate first thing each morning (SMALL EFFORT)
- ☐ Write down your three biggest energy drains during the week (SMALL EFFORT)
- ☐ Take your blood pressure once or twice during the week if you have access to a monitor (MEDIUM EFFORT)
- ☐ Note when you feel most clear-headed and when you feel least focused (SMALL EFFORT)

My action:

— END-OF-WEEK REVIEW

— A NOTE ON THE HEALTH VISIBILITY NUMBERS

One week of resting heart rate, sleep or blood pressure data is a snapshot, not a trend. If something looks unusual, don't over-read it from a single week — keep tracking a little longer before drawing conclusions.

— ACCOUNTABILITY

Tell one other person — a peer, coach or accountability partner — which category you're focusing on and what action you've chosen. Ask them to check in with you at the end of day 7. The session flagged that other people often notice drift before you do; this is a way to use that deliberately rather than by accident.

My partner	Told them on
At the end of seven days, answer:	
1. What improved?	
2. What felt difficult?	
3. What did I learn about how my body affects my leadership?	
4. Where did I notice the clearest link between health, energy and performance?	
5. What one habit should I continue?	

Return to the Healthspan Performance Scorecard and re-score your focus category (Day 7 column). If your accountability partner had feedback, add it here before you re-score — their view may catch something your own score misses.

Optional next step. If this challenge highlights a gap in your health visibility, consider getting objective data such as blood pressure, blood markers, metabolic health indicators or body composition reviewed by a qualified professional.