

## Your Personal Longevity Path

Clarify your goals. Visualize your future. Build the life you want – on purpose.

Most of us have an idea of the life we hope to live – the energy we want, the experiences we dream of, the people we want to enjoy it with. But rarely do we pause to map it out in a clear, intentional way. This exercise helps you do exactly that.

Your Longevity Path is designed to help you think *beyond* the day-to-day and step into a future-oriented mindset. It allows you to identify the goals, abilities, experiences, and relationships that matter most to you – today, 10 years from now, 20 years from now, and beyond.

This is the foundation of your personalized MEDgevity care plan.

### Why This Exercise Matters

1. Because your goals drive your health plan.
2. Because longevity is about living more life, not just more years.
3. Because motivation becomes effortless when the “why” is personal.

### How to Fill Out Your Longevity Path

1. On the first line, fill in your name, your current age, your age 10 years from now, your age 20 years from now, and so on.
2. Under “Current Age,” list your current activities and routines – how you move, what you enjoy, and what your life looks like right now.
3. Under each of the future age areas, write the goals, experiences, and abilities you want to have at that stage of life. These can be physical, emotional, or experiential – how you want to feel and what you want to be able to do.
4. Then repeat this exercise for the people who matter most. Add the names and ages of your spouse/partner, children, grandchildren, parents, or anyone whose future you’d like to stay healthy and engaged for.
5. For the goals under each of these lines, consider what you want to be able to do *with* them.
  - Coaching your child’s team at 45
  - Hiking with your spouse at 65
  - Dancing at your granddaughter’s wedding at 80
  - Annual family trips, new hobbies, etc.
6. When you’re finished, **share your completed form with us by uploading [here](#), texting to (954) 420-1145, or emailing to [contact@MEDgevityhealth.com](mailto:contact@MEDgevityhealth.com).**

### What Happens Next

Once you complete your timeline, your care team will review it and integrate it into your personalized longevity plan – aligning your nutrition, exercise, sleep, and medical strategy with the life you want to live.

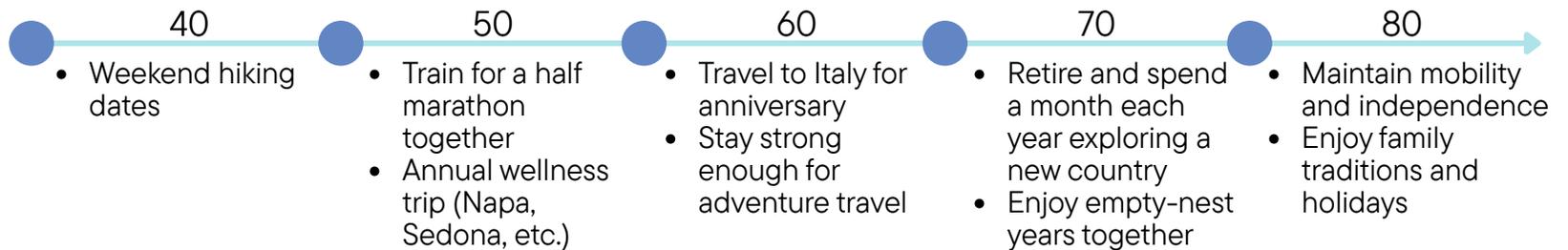
A Life Well Lived – Your Personal Path

Alex

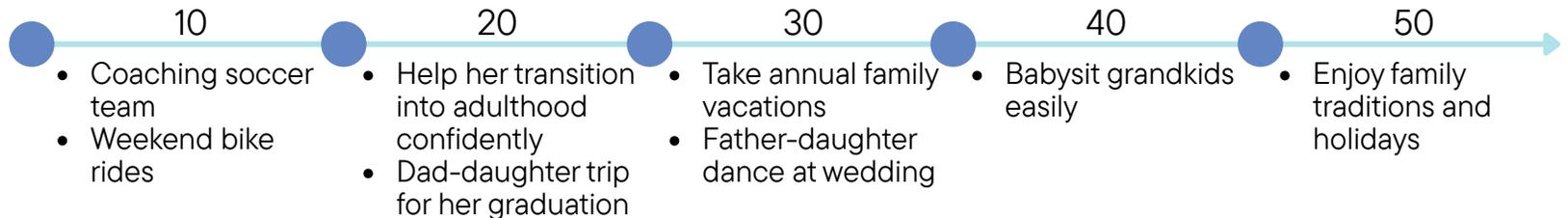


*The moments, milestones, and people you want to stay healthy for.*

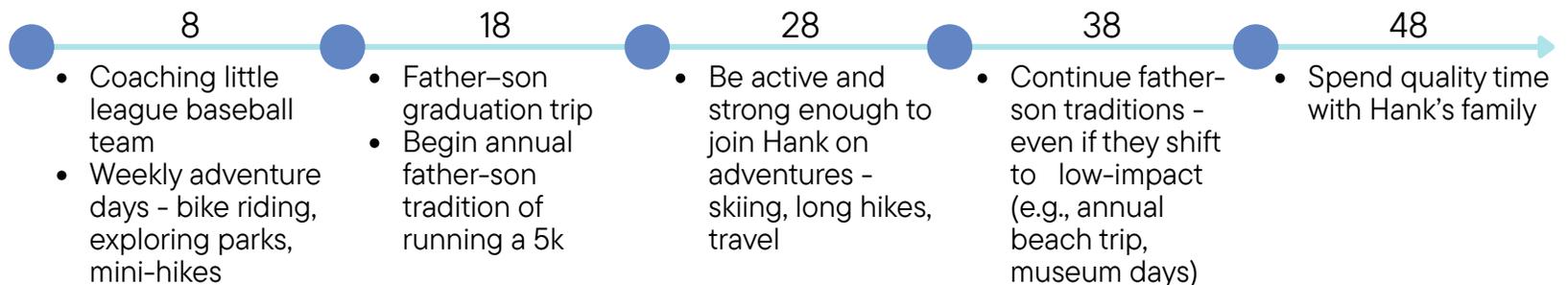
Suzy  
Wife



Taylor  
Daughter



Hank  
Son



**A Life Well Lived – Your Personal Path**



*The moments, milestones, and people you want to stay healthy for.*



## A Life Well Lived – Your Personal Path

*The moments, milestones, and people you want to stay healthy for. (Continued)*

