

30-Day Healthy Aging Challenge Checklist

Your goal: Show up for your cells every day, and aim for consistency, not perfection.

Week 1: Power Your Plate

Fuel your cells with nutrient-dense foods that support cellular wellness.

Weekly Goal: Incorporate at least one of these elements into each meal, every day:



Whole grains



Lean protein



Fruits and/or vegetables (aim for a variety of colors)



Healthy fats (olive oil, avocado, nuts, seeds)

Daily Check-Off:

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

Bonus: Try one new recipe from our [Mediterranean Cookbook](#) this week.

Week 2: Move Your Body

Build movement into your day in ways that feel good.

Weekly Goal: Carve out 30 minutes every day to move your body, however you enjoy.

Daily Check-Off:

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

Ideas to get moving:



Take a walk with a friend, your dog, or solo



Do 15 minutes of stretching or yoga at home



Garden, clean, or do yard work



Multitask: walk during a phone call or meeting



Try a low-impact activity: tai chi, swimming, or pilates

Week 3: Recover and Recharge

Give your cells the recovery time they need to repair.

Weekly Goal (pick one or both):

Sleep: Aim for 7–8 hours of sleep for at least 4 nights this week.

☐ Night 1 ☐ Night 2 ☐ Night 3 ☐ Night 4

Stress Management: Set aside 30 minutes each day for a mental reset.

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

Reset ideas:



Meditation or deep breathing



A phone-free walk



Journaling



Reading or listening to calming music



Yoga or gentle stretching

Week 4: Protect Your Cells

Build your antioxidant defense system for long-term cellular protection.

Weekly Goal: Pick one cellular health habit to start this week and commit to carrying it into next month.

Reset ideas:



Talk to your doctor about your cellular health and whether supplementation makes sense



Assess your current supplement routine for quality and absorption



Read 3 articles about cellular wellness for healthy aging



Share what you've learned with a friend or partner



Research supplementation options, including Kaneka Ubiquinol®

Daily Check-Off (did you take action on your chosen habit today?):

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

Next step: Download the [Beginner's Guide to Ubiquinol](#) to learn how Kaneka Ubiquinol® supports healthy aging and how to make it part of your daily routine.

