

Daily 5 Checklist for After 60

Five small habits that support energy, strength, and sleep — no special equipment, no complicated routine. Print this page, put it on the fridge, and tick one box each time you finish a habit.



How to use it: Aim for most days, not perfect days. Miss one? Just start again tomorrow — the week tracker below shows your progress at a glance.

1 Morning sunlight

Get outside within an hour of waking, for about 10 to 30 minutes. Take your coffee on the porch, water the garden, or start your walk early. Never stare directly at the sun.

Why: morning light helps set your body clock, which supports steadier energy in the day and sleepier evenings.

2 Protein at breakfast

Build breakfast around a protein food: eggs, Greek yogurt, cottage cheese, milk, or leftover chicken or fish. Aim for a palm-sized portion or more.

Why: spreading protein through the day, starting at breakfast, supports the muscle you use for everyday strength.

3 A 20-minute walk

Walk at a pace where you can still hold a conversation. Split it into two 10-minute walks if that suits your day better — it still counts.

Why: a daily walk is one of the simplest habits for stamina, mood, and staying active and independent.

4 One strength or balance move

Pick one: sit-to-stands from a sturdy chair, wall push-ups, or heel raises while holding the counter. Do 8 to 12 slow repeats, once or twice through.

Why: a little strength and balance practice each day helps you stay steady on your feet.

5 A sleep wind-down routine

In the last hour before bed: dim the lights, put screens away, and do something calm — read, stretch gently, or listen to music. Head to bed at about the same time each night.

Why: a regular wind-down gives your body a clear signal that the day is ending.

Your week at a glance — tick a box each day you do the habit

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Morning sunlight							
2. Protein at breakfast							
3. 20-minute walk							
4. Strength or balance move							
5. Sleep wind-down							

Week of: _____
and use a dry-erase marker.

Print a fresh copy each week, or slip this one into a clear sheet protector