

The 7-Day Routine Check-In

A calmer starting point for women with full lives.

Before you add another wellness task, notice the life your routine has to fit.

Spend a few minutes a day observing sleep, meals, movement and breathing room. Finish the week with one small action you can repeat on a busy day.

What you will leave with

A seven-day observation record, a clearer view of everyday obstacles, and a written plan for one next step. No wearable, supplements or expensive groceries required.

How to use it

Print these pages, or write your answers in a notebook. Start on any day. Missing a day does not mean starting over. Your notes are for you; you do not need to submit health details to Nine|14.

Created for Nine|14 Longevity • Founder: Gifty Badu, RN, BSN

Notice before you change

For the first three days, observe without grading yourself. A difficult workday is useful information, not a failed test.

What do I want my everyday routine to make room for?

What usually gets in the way: time, energy, access, caregiving, work or something else?

One thing I already do that helps me care for myself:

Example: “On late shifts, I get home hungry and scroll before bed. Packing a meal and putting my charger away from the bed may be easier than creating a long evening routine.”

These observations cannot tell you why a symptom occurs. Do not use the tracker to diagnose a hormone problem or other condition.

Seven days, one small focus

Day	Focus	A useful question
1	Notice sleep	When did I sleep and wake? How rested did I feel?
2	Notice meals	When was eating hardest to fit in?
3	Notice movement	Where did comfortable movement already fit?
4	Notice recovery	When did I have a quiet moment or supportive conversation?
5	Reduce one obstacle	What could I put in place tonight for tomorrow?
6	Try the small version	What can I do on a busy day without overloading it?
7	Review and choose	What is worth repeating next week?

Keep the focus small. You are observing a week, not completing a medical reset.

Your seven-day record

Use a few words. Sleep hours are estimates; no device is needed.

Day / date	Sleep hours / rested?	Meals / movement notes	Main obstacle or help
1			
2			
3			
4			
5			
6			
7			

Optional: circle “rested,” “mixed” or “unrested” in the sleep column. There is no total score, ideal streak or pass/fail result.

Build your busy-day version

Choose one action. Make it specific enough that you know when you have done it.

Area	A small starting action	A busy-day version
Sleep	Prepare a short wind-down before your usual bedtime.	Put the phone away for the first few minutes.
Meals	Pack one familiar meal before a long workday.	Keep one easy backup meal available.
Movement	Plan a comfortable walk or activity you already tolerate.	Use a shorter version that fits your abilities.
Recovery	Set aside a few minutes for quiet, prayer or connection.	Pause briefly before the next task.

After _____, I will _____.

If that becomes difficult, my smaller version is:

Keep what fits

What helped this week?

What was harder than I expected?

What can I simplify, prepare or ask for help with?

My one action for the next seven days:

Want more structure? The **14-Day Everyday Longevity Workbook** adds workday planning, a meal builder, movement scheduling, fourteen daily pages and a clinician-visit preparation sheet. Look for it wherever you received this guide.

Foundations, without the hype

Sleep

CDC recommends at least seven hours for adults ages 18–60. Quality matters too. Regular sleep difficulties or feeling persistently unrefreshed warrant a conversation with your healthcare provider.

Movement

The general adult guideline is at least 150 minutes of moderate activity weekly, or an equivalent vigorous combination, plus muscle strengthening on at least two days. Begin at a level suitable for you; some activity is better than none. This seven-day guide is not a full exercise program.

Keep the promise honest

A routine tracker helps you notice and plan. It cannot establish the cause of fatigue, “balance hormones,” reverse aging or guarantee a health result.

For adult general education and personal planning. This is not diagnosis, treatment, a fitness prescription, or a promise to improve symptoms or lifespan. Follow your own clinician’s advice, including dietary, fluid or activity restrictions. Persistent or worsening fatigue, sleep problems or other symptoms deserve clinical evaluation. Seek urgent care for severe or sudden symptoms such as chest pain, fainting or trouble breathing.

Sources: CDC, About Sleep: [cdc.gov/sleep/about](https://www.cdc.gov/sleep/about). CDC, Adult Activity: [Adult activity guidelines](https://www.cdc.gov/physicalactivity/adult). Checked September 28, 2026. Planning prompts and examples are Nine|14 educational tools, not validated assessments.