

Everyday Longevity

A 14-day workbook for building a routine that fits your real life.

Plan the ordinary days. Leave room for the unexpected.

A reusable planning toolkit for women balancing work, responsibilities and their own care. Turn an intention into a specific plan, practice it, and adjust it without starting over.

Inside

A baseline reflection • workday and off-day plans • a flexible meal builder • a grocery map • movement scheduling • rest planning • fourteen daily pages • two reviews • a clinician-visit preparation sheet.

No calorie counting, restrictive reset or supplement shopping list. Use these pages repeatedly as your schedule changes.

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

How to use these 14 days

When	What to do
Before Day 1	Spend about 20 minutes choosing one main habit and preparing your week.
Each day	Use the day page for a brief plan, a note about what happened, and one adjustment.
After Day 7	Review what fits. Reduce the size of the habit if needed.
After Day 14	Choose what to carry forward for the next month. Reuse any page.

The result you are working toward

A routine you understand and can adapt. The workbook does not promise better energy, weight loss, hormone changes or a biological-age result in 14 days.

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.

Two versions of your day

A routine should account for your shifts, commute and responsibilities.

Anchor	Workday plan	Off-day plan
Wake / first meal		
Food to have available		
Comfortable movement		
Quiet / connection		
Wind-down / sleep window		

Example for a late shift: prepare food before leaving; choose a brief activity before work if it fits; keep the return-home routine simple. Protect sleep rather than adding another task to an already full night.