

50 RESILIENCE RITUALS

My rituals for staying strong, healthy, capable, and resilient after 50.

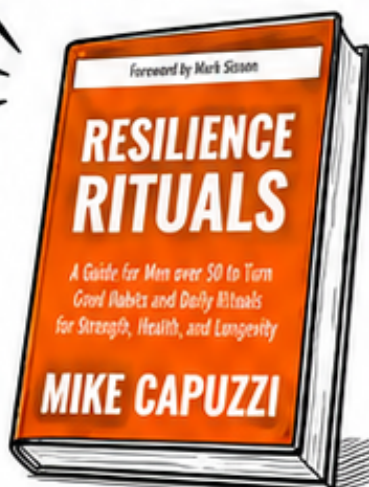
DAILY RITUALS

- | | |
|---|---|
|  1. I Start My Day with Gratitude ☐ |  19. I Got a Grip on Grip Strength ☐ |
|  2. I Use a Smart Scale First Thing in the Morning ☐ |  20. I Drink Water Throughout the Day ☐ |
|  3. I Take My Oral Health More Seriously ☐ |  21. I Flavor My Water ☐ |
|  4. I Wear a Smartwatch Every Day ☐ |  22. I Stick with Stainless Steel ☐ |
|  5. My Morning Hydration "Cocktail" ☐ |  23. I Practice Time-Restricted Eating ☐ |
|  6. I Became Selective with Supplements ☐ |  24. I Track My Blood Sugar in Real Time ☐ |
|  7. My Daily Supplement Stack ☐ |  25. I Eat in This Order ☐ |
|  8. I Add Ceylon Cinnamon to My Morning Coffee ☐ |  26. I Prioritize Protein ☐ |
|  9. I Eat "Pudding" for Breakfast ☐ |  27. I Keep Healthy Snacks Within Reach ☐ |
|  10. I Wear Quick-Dry Performance Clothing ☐ |  28. My Afternoon Fiber "Cocktail" ☐ |
|  11. I Wear High-Quality Socks and Sneakers ☐ |  29. I Cook and Eat Most Meals at Home ☐ |
|  12. I Walk Every Single Day ☐ |  30. I Take an After-Supper Stroll with My Wife and Dog ☐ |
|  13. I Spend Time Barefoot ☐ |  31. I Protect My Evenings from Screens and News ☐ |
|  14. I Move Every Hour ☐ |  32. I Optimized My Bedroom for Sleep ☐ |
|  15. I Monitor My Heart Rate Zones ☐ |  33. I Take Care of My Skin ☐ |
|  16. I Focus on Intensity Minutes ☐ |  34. I Deal with Dry Mouth ☐ |
|  17. I Train with a Chest Heart-Rate Monitor ☐ |  35. I Appreciate My Wife ☐ |
|  18. I Measure What Matters ☐ |  36. I End My Day with Gratitude ☐ |

SMART RITUALS

- | | |
|---|---|
| 37. I Host Sunday Supper ☐ |  |
| 38. I'm Proactive with In-Depth Blood Work ☐ |  |
| 39. I Read Before I Buy ☐ |  |
| 40. I Shop Smart at Costco ☐ |  |
| 41. I Make My Own Almond Milk ☐ |  |
| 42. I Make My Own High-Protein Yogurt ☐ |  |
| 43. I Organize My Supplements Every Saturday Morning ☐ |  |
| 44. I Train in My Efficient Home Gym ☐ |  |
| 45. I Plan and Write Down My Workouts ☐ |  |
| 46. I Squat Better with a Wedge ☐ |  |
| 47. I Sweat in My Sauna ☐ |  |
| 48. I Use an Air Bike for Intense Cardio Workouts ☐ |  |
| 49. I Turn Walks into High Intensity Training ☐ |  |
| 50. I Take Hot Baths to Relax and Recover ☐ |  |

MIKE
CAPUZZI



MAKE THEM YOURS



Don't try to do all 50. Check the rituals that make sense for you and start making them part of who you are.

REMEMBER:

A habit is something you do.

A ritual is part of who you are.

