

Worksheet

My AI Wellness Planner

My Current Health Goals

- ☐ Eat healthier
- ☐ Lose weight
- ☐ Exercise more
- ☐ Improve sleep
- ☐ Reduce stress
- ☐ Drink more water
- ☐ Walk daily
- ☐ Improve balance
- ☐ Other: _____

My Weekly Exercise Plan

Day	Activity	Completed
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Saturday		☐

Sunday

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Healthy Eating Goals

Breakfast Ideas:

Lunch Ideas:

Dinner Ideas:

Healthy Snacks:

Questions for My Next Doctor Visit

My Daily Wellness Checklist

- Drink enough water
- Exercise
- Healthy meals
- Stretch
- Take medication
- Relax
- Read
- Contact a friend
- Gratitude
- Good night's sleep

Try This Today

Ask ChatGPT:

"Create a simple one-week healthy living plan for a retired couple that includes meals, gentle exercise, relaxation, and enjoyable activities."

Review the plan and adapt it to your own lifestyle.

Matt's Tip

Healthy living doesn't require perfection—it requires consistency. Use AI as a friendly assistant to help you plan meals, stay active, prepare for appointments, and build habits that support a healthier, happier retirement. Small improvements each day can make a big difference over time.

Members Bonus

100 AI Prompts for Better Health, Fitness and Well-being

This downloadable prompt collection could include ideas for:

- Healthy recipes
- Exercise routines
- Better sleep
- Medication planners
- Walking programmes
- Healthy shopping lists
- Stress reduction
- Brain games
- Healthy habits
- Wellness journals

- Doctor visit preparation
- Motivation and encouragement