

Worksheet – My AI Wellness Planner

My Current Health Goals

- 1.
- 2.
- 3.

Healthy Habit I Want to Improve

Questions I Want to Ask AI

- 1.
- 2.
- 3.

Questions for My Doctor

My Wellness Routine

Morning

Afternoon

Evening

One Healthy Change I Will Start This Week

Matt's Tip ☐ ☐

Good health is built from many small daily choices rather than occasional big efforts. Use AI as your personal organizer and learning companion to help you understand information, stay motivated, and build habits that support a healthier retirement—but always rely on qualified healthcare professionals for diagnosis, treatment, and medical decisions.