

Your Daily 8

Diet first, then exercise, then supplements.

No counting, no weighing, no perfect days. Check a box when you do it. A week with more checks than last week is a good week.

Today I...	M	T	W	T	F	S	S
1 Swapped out a big saturated-fat food Liquid oil in place of butter, lard, ghee or coconut oil, or nuts and fish in place of fatty or processed meat, cheese or pastries (Ch. 11, 16)	☐	☐	☐	☐	☐	☐	☐
2 Moved on purpose for 20 minutes or more A brisk walk, bike ride or swim; 10-minute pieces count (Ch. 8, 9)	☐	☐	☐	☐	☐	☐	☐
3 Ate oats or barley, plus beans A real bowl of oatmeal (about a cup dry) or barley, plus beans or lentils* (Ch. 12)	☐	☐	☐	☐	☐	☐	☐
4 Ate a small handful of nuts Unsalted, in place of another snack (Ch. 18)	☐	☐	☐	☐	☐	☐	☐
5 Made half my plate vegetables and fruit At lunch and dinner, the Mediterranean way (Ch. 13)	☐	☐	☐	☐	☐	☐	☐
6 Skipped sugary drinks, and drank less alcohol than my usual, or none Water, unsweetened tea or paper-filtered coffee (Ch. 15)	☐	☐	☐	☐	☐	☐	☐
7 Slept 7 or more hours last night (Ch. 20)	☐	☐	☐	☐	☐	☐	☐
8 Did strength exercise, or got up every 30 minutes Strength 2 days a week; short walking breaks on the other days (Ch. 9)	☐	☐	☐	☐	☐	☐	☐
Checks this week: _____ Last week: _____							

*Add fiber foods a few spoonfuls at a time over a couple of weeks, with plenty of water, since gas and bloating come first (Chapter 12).

Start with the box you check least. That's where you have the most room to improve, so change that habit first. Add the next one when it feels normal. New to this? In the first month, start boxes 1, 3 and 6, then box 2 (Chapter 27).

Moderation, not perfection. A diet you can't keep up is pointless. You don't need someone else's plan. Shape the way you already eat around these basics, and keep the foods you love in smaller amounts.

If you take a cholesterol medicine, take it every day as prescribed, tied to something you already do, like your morning coffee. This page adds to your medicine and never replaces it. If your triglycerides are 500 or higher, the alcohol answer is none (Chapter 15). If you drink heavily every day, cut back with your doctor's help, because stopping all at once can be dangerous. Before box 2, do the safety checks at the start of Chapter 8.