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The Cognitive Longevity Action Checklist

Eight moves from the Eight Pillars. Keep this where you actually work.

01 Purpose

Write a one-sentence purpose. The Purpose Factor Assessment takes about twenty minutes.

02 Training

Protect 150 minutes a week of resistance work. Muscle is cognitive insurance.

03 Mental challenge

Install short, deliberate novelty — nine-minute challenges, not more apps.

04 Nutrition

Anchor meals in high-quality protein and nutrient-dense whole food.

05 Relationships

Schedule real connection the way you would schedule a board meeting.

06 Sleep

Treat seven to nine hours as infrastructure, not leftover time.

07 Health numbers

Measure blood pressure, lipids, weight, hearing, and mood. Act on what you find.

08 Stress

Let purpose cut structural friction. Use a double inhale and a long exhale for acute spikes.

Educational, not medical advice. Peptide therapies belong with a qualified physician and a 503a compounding pharmacy. Pillar Point Publishing, LLC.

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