

Outlive

by Peter Attia

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run the baseline longevity panel**

Book your first pass at ApoB, fasting insulin, HbA1c, fasting glucose, hs-CRP, and blood pressure. Keep the numbers in one tracker and watch direction, not just absolutes.

MON TUE WED THU FRI SAT SUN

⁰² **Program weekly Zone 2 and VO2 blocks**

Set a minimum aerobic dose: 3-4 Zone 2 sessions plus 1 hard interval day. Treat cardiorespiratory fitness like a required medication schedule.

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⁰³ **Lift with a longevity brief**

Train strength 3x/week around hinge, squat, push, pull, and carry patterns so muscle and bone reserve are still high decades from now.

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⁰⁴ **Define your Centenarian Decathlon list**

Write 10 capabilities you want at 80-90 (stairs, travel, lifting, floor mobility, cognition), then map workouts directly to those outcomes.

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⁰⁵ **Protect sleep as recovery infrastructure**

Set fixed sleep/wake anchors, cool/dark room conditions, and a no-screen winddown. Performance and metabolic control depend on this foundation.

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⁰⁶ **Schedule one deep social ritual weekly**

Attia treats emotional health as part of medicine. Protect one recurring relationship block that lowers isolation and chronic stress load.