

BEFORE YOU BELIEVE ANY HEALTH CLAIM

1 Magnitude

Is the effect large enough to matter?

2 Non-substitutability

If you skip it, can anything else do the job?

3 Modifiability

Can you actually change it?

4 Universality

Does it apply to nearly everyone, or only some?

Four yeses: essential. Anything less: optional at best.



THE FIVE, EVERY DAY YOU CAN

- 01 Protein at every meal**
0.85 g per pound a day, 30 g or more each meal
- 02 Strength 2 or 3 times a week**
and 7,000 steps every day
- 03 Same wake time every day**
weekends too, last caffeine by 2 p.m.
- 04 Five minutes of slow breathing**
once a day, to bring stress down
- 05 Time with people**
one recurring commitment, weekly if you can



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Plan, tracker, check-ins