The Longevity Lifestyle Baseline Assessment

Purpose: This assessment isn't about measuring perfect health markers; it's about auditing your daily rhythms. Be completely honest with your current habits so we can build a realistic bridge to your personalized longevity lifestyle.

Pillar 1: Diet & Culinary Rituals

How integrated are clean, traditional Mediterranean dietary habits into your routine?

1. When you cook or prepare meals at home, what is your relationship with Extra Virgin Olive Oil (EVOO)?

[ ] **A)** I rarely use it, or I use whatever standard vegetable/canola oil is in the pantry.

[ ] **B)** I use it often, but I'm not sure where it was bottled, when it was harvested, or if it's truly high-quality.

[ ] **C)** It is the centerpiece of my kitchen. I know how to source high-polyphenol EVOO and use it daily as both a cooking base and a finishing touch.

2. How would you describe the "pace" of your main meals?

[ ] **A)** Rushed. I frequently eat while working at my desk, looking at my phone, or driving.

[ ] **B)** Variable. On weekends I sit down, but weeknight dinners are mostly a quick means to an end.

[ ] **C)** Intentional. Eating is a dedicated event. I sit at a table, slow down, and truly taste my food without digital distractions.

3. What does your typical weekly plate look like regarding whole foods?

[ ] **A)** Highly processed, convenient foods dominate my week due to a packed schedule.

[ ] **B)** I try to eat healthy, but I rely heavily on repetitive, uninspired salads or packaged "health foods."

[ ] **C)** My meals focus on seasonal vegetables, legumes, whole grains, and clean proteins, treated with simplicity and flavor.

Pillar 2: Daily Movement (*Il Movimento*)

How naturally does physical activity weave into your normal waking hours?

4. Outside of any structured gym workouts, how much do you move throughout the day?

[ ] **A)** Almost not at all. I sit at a desk for 8+ hours and rarely accumulate steps naturally.

[ ] **B)** I have a burst of movement (like a morning walk or workout), but then I sit completely still for the rest of the workday.

[ ] **C)** I naturally accumulate movement. I take short, frequent walks (like an Italian *passeggiata* after meals), take the stairs, and rarely sit for hours straight.

5. How do you view physical activity?

[ ] **A)** A chore or a punishment that I frequently skip.

[ ] **B)** A checklist item I need to "get over with" for fitness or weight management.

[ ] **C)** A natural, joyful expression of daily life that keeps me feeling energized and loose.

6. How would you rate your structural mobility, balance, and ease of movement during everyday tasks?

[ ] **A)** Stiff and restricted. I frequently experience aches, and getting up from the floor or bending down feels difficult or precarious.

[ ] **B)** Fair. I can manage everyday tasks, but I notice functional gaps in my flexibility, balance, or stamina if I push past my normal routine.

[ ] **C)** Fluid and capable. My body feels functional, balanced, and resilient when carrying groceries, gardening, or moving dynamically through space.

Pillar 3: Social Connections & Community

How deeply rooted are you in genuine, health-sustaining relationships?

7. Think about your face-to-face, meaningful social interactions this past week. How would you rate them?

[ ] **A)** Isolated. Most of my communication was digital (texts, emails, social media comments).

[ ] **B)** Casual but superficial. I spoke to coworkers or neighbors, but didn't have deep, soul-filling conversations.

[ ] **C)** Deeply connected. I spent undistracted, quality time sharing a laugh, a meal, or a story with loved ones or community members.

8. Do you feel you have a robust "safety net" of people who truly understand and support your lifestyle values?

[ ] **A)** No, I feel like I'm swimming upstream alone when trying to live healthier.

[ ] **B)** Somewhat, but we rarely slow down enough to deeply connect over these shared values.

[ ] **C)** Yes, I have a tight-knit circle or community where mutual care and slower living are valued.

9. How often do you participate in shared meals or culinary gatherings with family, friends, or neighbors?

[ ] **A)** Rarely or never. Eating is almost entirely a solo, transactional activity for me.

[ ] **B)** Occasionally, perhaps during holidays or special weekend events, but it is not a consistent part of my week.

[ ] **C)** Frequently. Breaking bread together is a regular ritual in my week where food and community blend seamlessly.

Pillar 4: Purpose & Lifestyle Design

How intentional and focused are your daily choices, surroundings, and personal growth?

10. Which of the following best describes your primary "reason for waking up" (your intentional focus) right now?

[ ] **A)** I don't really have a specific focus or project right now; I mostly take my days as they come.

[ ] **B)** I have a few loosely defined projects, family commitments, or hobbies, but no singular focus.

[ ] **C)** I have a very clear daily intention, project, hobby, or role that gives me a strong sense of purpose.

11. Does your home or immediate neighborhood naturally encourage daily, physical movement without needing to schedule a formal workout?

[ ] **A)** Not at all; my environment requires driving everywhere and sitting for most of the day.

[ ] **B)** Somewhat; I do some light housework or occasional walking, but my environment doesn't prompt consistent activity.

[ ] **C)** Absolutely; my lifestyle involves natural daily movement like active gardening, taking stairs, walking to errands/neighbors, or regular home organization.

12. How would you describe your level of engagement with lifelong learning and curiosity right now?

[ ] **A)** I rarely seek out new skills, topics, or creative projects; my routine is mostly static.

[ ] **B)** I occasionally read or watch educational content, but I rarely actively practice or implement new skills.

[ ] **C)** I am intensely curious and actively pursuing a new skill, craft, language, or mentorship role to share my experience.

Scoring Your Baseline Results

Count how many total A, B, and C answers you selected above. Whichever letter you chose the most represents your overall baseline lifestyle archetype:

- **Mostly A's: The Information Collector** You may have a lot of knowledge about longevity, but your physical surroundings, habits, and daily routines aren't supporting you yet. There is a lot of hidden friction in your day-to-day life that makes health choices feel like hard work. This cohort will help you bridge the gap between knowing what to do and designing a simple, friction-free lifestyle where healthy choices become automatic.
- **Mostly B's: The Fragmented Learner** You have some great individual habits and bits of routine in place, but they aren't fully integrated into a cohesive lifestyle yet. You might find yourself on track one week and off the next because your environment and rhythms don't consistently anchor those choices. We will work on threading your diet, movement, and connections together so they seamlessly become second nature.
- **Mostly C's: The Rooted Practitioner** Your habits, daily mindset, and physical surroundings are beautifully aligned with the world's longest-living populations. You have intentionally designed a life where movement, community, purpose, and scratch cooking flow naturally. During this cohort, you will learn how to lock these rhythms in permanently and optimize them for long-term healthspan.