

Building Your Personal Aging Gracefully Roadmap



Objective: This activity is designed to help you create a **personalized, actionable plan** for aging gracefully by aligning your current habits with your long-term health and mobility goals. Through **intentional planning, backcasting, and realistic goal-setting**, you will build a roadmap for a future where you maintain independence, mobility, and joy in daily activities.

Step 1: Identify Your Key Activities

Instructions:

- Review the provided **list of 50 activities** related to aging well.
- Choose **10-15 activities** that resonate with you—activities that bring **meaning, purpose, and functionality** to your life.
- Consider **functional needs** (e.g., squatting to pick up objects, carrying groceries) and **joyful activities** (e.g., hiking, dancing, gardening).
- Write down your **top selections** in the space below.

Example Selections: (See the list with 50 items, here are some examples though)

1. Playing on the floor with grandchildren
2. Lifting and carrying a 30-pound grocery bag
3. Dancing at family events
4. Getting up from a chair without using hands
5. Hiking a moderate trail without assistance

Your Selections:

- | | |
|----------|-----------|
| 1. _____ | 9. _____ |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

Step 2: Backcasting – Work Backward from Your Future Self

Instructions:

- Choose **the activities** from your list.
- Imagine yourself at **100 years old**, successfully completing this task.
- **Work backward** to identify the key steps needed to **maintain** or **develop** the strength, mobility, and endurance for this activity.
- Break it down into **short-term, medium-term, and long-term goals**.

Example:

- **Activity:** Sitting on the floor and getting up unassisted at age 100
- **Requirements:**
 - Strength: Lift and support body weight with one arm, equivalent to at least 30% of body weight.
 - Dynamic stability: Execute the movement smoothly without excessive swaying or assistance.
- **Backcasting Steps:**
 - **Now (Short-Term Goal):** Improve lower body strength (squats, lunges)
 - **6 Months:** Incorporate floor transitions into routine
 - **1 Year:** Maintain independent movement with controlled transitions



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- **10+ Years:** Continue mobility drills and leg strength exercises
- **Age requirement targets for strength**
 - **Age 60:** squat 75% of body weight
 - **Age 70:** squat 60% of body weight
 - **Age 80:** squat 50% of body weight
 - **Age 90:** squat 40% of body weight
 - **Age 100:** transfers from ground without assistance and squat 30% of body weight.

Your Backcasting Plan:

- **Chosen Activity:** _____
- **Short-Term (Now – 3 months):** _____
- **Medium-Term (3 months – 1 year):** _____
- **Long-Term (1 year – 10 years):** _____
- **Age requirement targets for strength, mobility, cardiovascular, other fitness target**
 - **Age 60:** _____ ○ **Age 60:** _____
 - **Age 70:** _____ ○ **Age 70:** _____
 - **Age 80:** _____ ○ **Age 80:** _____
 - **Age 90:** _____ ○ **Age 90:** _____
 - **At Age 100:** _____ ○ **At Age 100:** _____

Step 3: Start Small – Implement Your First Step This Week

Instructions:

- Pick **one movement or habit** to integrate into your routine this week that aligns with your goals.
- Start with **small, manageable actions** and gradually build momentum.

Example Implementations:

- ✓ **Flexibility Goal:** Add a **5-minute daily stretching** routine focused on hips and hamstrings.
- ✓ **Strength Goal:** Perform **3 sets of bodyweight squats** 3 times a week.
- ✓ **Endurance Goal:** Walk for **20 minutes** at a steady pace, working toward longer durations.

Your First Step This Week:

- Movement/Exercise: _____
- How often: _____
- When will you do it? _____



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Step 4: Accountability and Progress Tracking

Instructions:

- Keep track of your progress in a journal or using the **provided tracking template**.
- **Celebrate small wins**—even minor improvements matter!
- **Adjust as needed**—life changes, and so can your plan.
- Reassess your progress **every 4 weeks** to refine your roadmap.

Tracking Ideas:

- ✓ Record your workouts and repetitions in a journal
- ✓ Take note of how you feel before and after exercises
- ✓ Check off daily or weekly movement goals

Your Accountability Plan:

- How will you track progress? _____
- Who can help keep you accountable? (Friend, family, trainer, or other _____)
- How often will you reassess? _____

Final Thoughts:

This roadmap isn't just about **exercising more**—it's about creating a **lifestyle that supports long-term mobility, strength, and well-being**. The best plan is one that is **realistic, enjoyable, and sustainable** for you.

- ✓ **Start small, stay consistent, and adjust as needed.**
- ✓ **Your future self will thank you for the work you do today!**