

30-DAY RENEW AT 40+ CHALLENGE

Small habits. More intention. A healthier, stronger, brighter you.

FREE PRINTABLE

Use the tracker on pages 2-4
and check off each day as you go.

1

Morning sunlight before your phone

Step outside for a few minutes soon after waking when possible. Morning light supports your natural sleep-wake rhythm.

2

Be intentional about supplements

Only use supplements that make sense for you. NMN and other healthy-aging supplements are still being studied; ask your clinician if needed.

3

Water before coffee

Start the morning with water before your first coffee. Keep it simple: plain water or add lemon if you enjoy it.

4

Prioritize protein at meals

Build meals around a meaningful protein source that fits your needs, preferences and health goals.

5

SPF every day

Make broad-spectrum sunscreen part of your morning routine, especially when you will be exposed to daylight.

6

Strength train 3x per week

Aim for about three strength sessions each week. On tracker pages, check only the days you complete your planned strength work.

7

Protect your sleep

Create a consistent wind-down routine and give yourself enough time for sleep. Most adults need roughly 7-9 hours.

8

Keep an AM + PM skincare routine

Vitamin C can be used in the morning; retinoids are typically used at night if appropriate and tolerated. Follow product directions.

9

Include omega-3s

Prioritize food sources when possible. If using a supplement, check with your clinician if you take medications or have health conditions.

10

Take a daily walk

Keep it realistic and repeatable. A daily walk can be a simple way to add movement and clear your head.

BONUS OPTIONAL ADD-IN: SOURSOP LIQUID

If you choose to use soursop liquid, follow the product label and ask a qualified healthcare professional whether it is appropriate for you. Soursop has not been established as a treatment or cure for disease.

SHOP THE ROUTINE

Find my Renew at 40+ Amazon
favorites from the Robin's Nest blog post.

30-DAY RENEW AT 40+ CHALLENGE

DAYS 1-10

Check the habits you complete each day. Progress, not perfection.

**Strength training goal: about 3 sessions per week - this row is not meant to be checked every day.*

HABIT	1	2	3	4	5	6	7	8	9	10
Morning sunlight	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Supplements	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water before coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Protein at meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily SPF	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strength training*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AM + PM skincare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Omega-3s	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily walk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Optional: soursop	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

THIS STRETCH FELT EASIEST:

ONE THING I WANT TO ADJUST:

30-DAY RENEW AT 40+ CHALLENGE

DAYS 11-20

Check the habits you complete each day. Progress, not perfection.

**Strength training goal: about 3 sessions per week - this row is not meant to be checked every day.*

HABIT	11	12	13	14	15	16	17	18	19	20
Morning sunlight	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Supplements	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water before coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Protein at meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily SPF	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strength training*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AM + PM skincare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Omega-3s	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily walk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Optional: soursop	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

THIS STRETCH FELT EASIEST:

ONE THING I WANT TO ADJUST:

30-DAY RENEW AT 40+ CHALLENGE

DAYS 21-30

Check the habits you complete each day. Progress, not perfection.

*Strength training goal: about 3 sessions per week - this row is not meant to be checked every day.

HABIT	21	22	23	24	25	26	27	28	29	30
Morning sunlight	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Supplements	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water before coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Protein at meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily SPF	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strength training*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AM + PM skincare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Omega-3s	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily walk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Optional: soursop	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

THIS STRETCH FELT EASIEST:

ONE THING I WANT TO ADJUST: