

# LONGEVITY ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Breathing	10 s	1	2	5	10	15
Learning	10 s	30 s	1	2	4	5
Movement	30 s	5	10	20	40	60
Diet	10 s	1	2	5	10	10
Cold	10 s	30 s	1	1	1	5
Gratitude	10 s	1	2	5	10	20
Connection	10 s	5	10	20	40	60
Behavioral Design	10 s	1	2	2	5	5
<b>Total Time</b>	<b>1:40</b>	<b>15</b>	<b>24</b>	<b>60</b>	<b>119</b>	<b>180</b>