



# Life Statement · May 2026

FOR: ALEX MORGAN · AGE 53 · ROBBINSVILLE TWP, NJ  
STATEMENT PERIOD: MAY 1 – MAY 31, 2026 · ISSUED: JUNE 1, 2026



## You're trending up.

▲ +4

Overall SuperAging Score · +4 vs April · Top quartile for your age band



### COACH'S NOTE

You showed up 27 days in a row, Alex. Your Double Decision time dropped 12% and your HRV climbed 11 ms — likely the new Tuesday strength block doing real work. Two things to protect this month: your Friday sleep (it slipped twice when you traveled), and your afternoon walks (down 40% — probably why LDL ticked up 8). Small fixes. We'll re-check in June.

— Coach, via SuperAging.AI · Powered by Claude

### THIS MONTH ACROSS YOUR SIX PILLARS

Source: Google Health · Labcorp · BrainHQ · Curiosity Log

#### Cardiovascular

GOOGLE HEALTH · LABCORP

Resting HR ▲ -3 bpm **58 bpm**  
HRV ▲ +11 ms **61 ms**  
LDL (Labcorp 5/3) ▼ -8 **94 mg/dL**

#### Sleep & Recovery

GOOGLE HEALTH

Avg duration ▲ +18 min **7h 24m**  
REM share ▲ +3% **22%**  
Consistency Stable **B+**

#### Strength & Movement

GOOGLE HEALTH

Daily steps ▲ +12% **9,840**  
Strength sessions ▲ +3 **10**  
Cardio load On target **162**

#### Cognition

BRAINHQ-STYLE IPHONE APP

Brain training streak PR **27 days**  
Double Decision ▼ -12% **1.18 s**  
UFOV ▲ +1 **Level 6**

#### Curiosity & Learning

CURIOSITY LOG

Books finished ▲ +1 **3**  
Course progress Stoic Phil. **62%**  
New skill Week 2 **Bread-baking**

#### Joy & Connection

CURIOSITY LOG

Outdoor hours ▲ +4 hr **18 hr**  
Hobby time Both ▲ **Ski · Cook**  
Social touches ▲ +2 **12**