

Student Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Longevity Calculator Assignment

Task: Based on a variety of factors, you are going to figure out your life expectancy. Go to <http://www.livingto100.com/> and click "Take the Calculator."

1. Answer the questions as best as you can.
2. When you have answered all the questions, click on the "Calculate my Age" button. What is your projected life expectancy?
3. Click "Retrieve Feedback." Looking at the list, select 4 recommendations that are something you would be willing to change or most willing to change. Then write those 4 recommendations that can add years to your life.

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4. Add up the years listed above to your total and what is your new life expectancy?

5. Click on "Retrieve Feedback" again. Then summarize 2 personal recommendations they describe. (ex. Listing: Proximity to Family, then summarizing what the research says about that factor.)

Recommendation #1:

Summary of Research:

Recommendation #2:

Summary of Research:

6. From completing this task, tell me 2 new things that you learned.

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7. Are there any changes that you plan to make as a result of this activity?  
Explain.

8. Do you feel that the results are accurate? Explain.