

Safety | Confidence | Simplicity | Connection



Trip Fit Blueprint Worksheet

A Printable Planning Tool for Travelers 60+
Golden Globers Travel Club

by SafeTravelCharlie

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Are You Actually Travel-Ready — Or Are You Guessing?

Let's be real:

Travel at 65+ isn't just "grab your bags and go." It's comfort. Mobility. Confidence. And knowing you won't be sidelined halfway through the trip.

*This quick blueprint helps you match your **current energy, health, and pace** to the type of trip that fits you — not someone 20 years younger.*

Don't wait for a pulled muscle, a bad night's sleep, or airport panic to tell you this trip isn't a good fit.

Take 3 minutes now. Travel with clarity later.

Section 1: Mobility Snapshot

How far can I walk comfortably without needing a break?


- Under 1 block
- 1–3 blocks
- 3+ blocks

Can I handle stairs, steep inclines, or cobblestones?

- Yes, no problem
- With assistance
- No — I need flat, accessible terrain

Do I use any mobility aids?

- None
- Cane or walking stick
- Walker
- Wheelchair or scooter

 **Trip Fit Tip:** Choose accommodations near elevators or low-floor rooms if you marked “With assistance” or any mobility aid.

Section 2: Travel Pace Preference

What pace do I prefer while traveling?

- Slow & Leisurely (1–2 activities per day, long rest breaks)
- Balanced & Moderate (2–3 activities per day, mornings or afternoons off)
- Fast-Paced (Full days, lots of movement and structure)

How early do I enjoy starting my day on vacation?

- Before 8 AM
- 8–9 AM
- After 9:30 AM

 **Trip Fit Tip:** If you're not a morning person, skip those early-day tours!


Section 3: Daily Energy & Medical Needs

Do I have specific times when I need to rest or take medication?

[Write here]

Do I get tired after walking, long flights, or overstimulation?

[Write here]

 **Trip Fit Tip:** Build in “buffer blocks” of nothing. One hour of rest can save a whole day of regret.


Section 4: Climate & Environmental Preferences

What weather makes me feel best?

- Warm & sunny (70–85°F)
- Cool & breezy (55–70°F)
- Dry climates
- Humid climates
- Crisp mountain air
- Coastal ocean air

What climates or altitudes should I avoid due to health or comfort?

[Write here]

 **Trip Fit Tip:** Check seasonal weather *and* elevation before booking — especially if you have breathing concerns or joint issues.

Section 5: Travel Personality Snapshot

Which activities bring me joy?

- Food experiences (tours, cooking classes)
- History & culture (museums, landmarks)
- Nature (parks, light hikes, gardens)
- Art & creativity (galleries, workshops)
- Shopping or exploring local markets
- Quiet time (reading, spa, meditation)

What do I dislike doing while traveling?

[Write here]

Do I prefer:

- Solo travel
 - Couple or small group travel
 - Family or multigenerational
 - Guided tours
 - Independent travel with support
-

Final Summary: Your Trip Fit Profile

Use this section to summarize your key insights:

- **Mobility:**
- **Pace:**
- **Energy rhythms:**
- **Climate comfort:**
- **Favorite trip types:**
- **Travel companions' preference:**

 **Attach This Worksheet To:**

- Any itinerary
 - Doctor's prep note
 - Booking checklist
 - Trip planning call prep
-

 **You've Got Your Trip Fit Score. Now What?**

Self-awareness is the first step. Smart planning is the next.

Here's how to use your results:

1. Match your Trip Fit score to one of our Senior Travel Profiles (see below)
 2. Share this worksheet with your caregiver, travel buddy, or partner
 3. Use your score to choose the right travel pace, packing list, and destination type
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Want help?

Book a 15-minute Trip Fit Call, and we'll help you:

- Choose the *right type* of travel for your lifestyle
- Get packing + prep tips based on your score
- Plan smarter with less stress (and fewer what-ifs)

 **Only \$19 | No pressure, just peace of mind**

  [Schedule My Trip Fit Call](#)

Next Steps: Making the Most of Your Trip Fit Score

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*Questions? Feedback? Just want to say hi?
We love hearing from fellow travelers.*

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**ENJOY
THE WANDERSM**

(and always feel ready for the trip ahead)

