

# Brain Health Daily Checklist

BRAIN HEALTH ACTIVITIES: EACH ONE IS WORTH 1 POINT!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DID 30 + MINUTES OF AEROBIC EXERCISE (treadmill, bike, walking, jogging, HIIT, boxing)							
DID A SKILLED EXERCISE CLASS (PWR! Moves, HIIT, boxing, strength, tennis, golf, tai chi, yoga)							
SLEPT BETWEEN 7 & 9 HOURS LAST NIGHT							
DRANK 6 + GLASSES OF WATER							
ATE 10+ SERVINGS OF FRUITS/VEGGIES/NUTS /SEEDS/WHOLE GRAINS							
DID BRAIN TRAINING 15+ MINUTES (BrainHQ)							
DID A GUIDED MEDITATION							
CONNECTED WITH FAMILY/FRIENDS							
RELAXED/RESTED/PLAYED/LAUGHED							
SHARED SOMETHING I'M GRATEFUL FOR							
TOTAL POINTS FOR THE DAY (10 MAX)							

Dates: \_\_\_\_\_

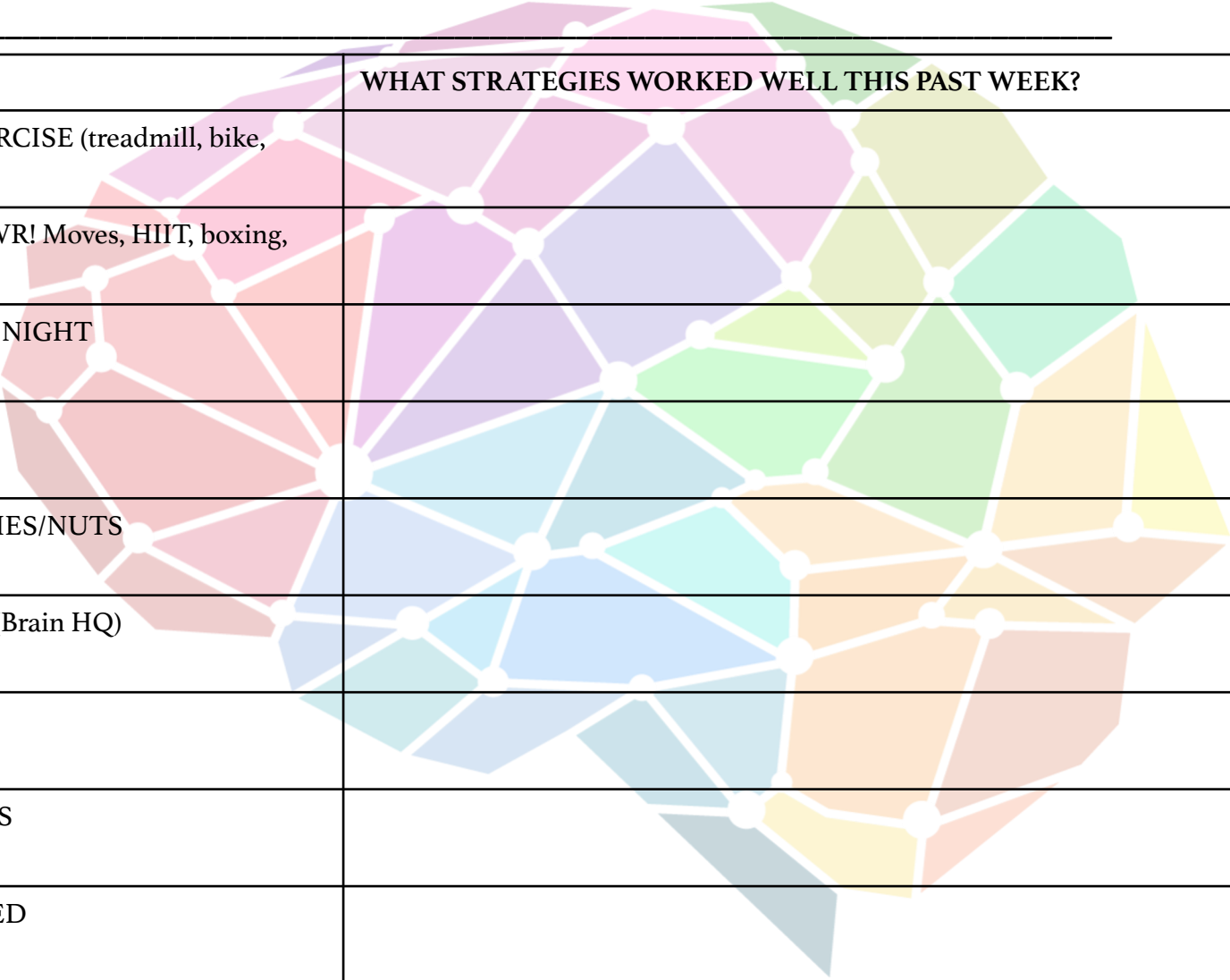
Total points for the week (70 MAX!): \_\_\_\_\_

# Brain Health Weekly Reflection

Dates: \_\_\_\_\_

My wellness goal: \_\_\_\_\_

Why is this my goal? \_\_\_\_\_



BRAIN HEALTH ACTIVITIES	WHAT STRATEGIES WORKED WELL THIS PAST WEEK?
DID 30 + MINUTES OF AEROBIC EXERCISE (treadmill, bike, walking, jogging, HIIT, boxing)	
DID A SKILLED EXERCISE CLASS (PWR! Moves, HIIT, boxing, strength, tennis, golf, tai chi, yoga)	
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RELAXED/RESTED/PLAYED/LAUGHED	
SHARED SOMETHING I'M GRATEFUL FOR	