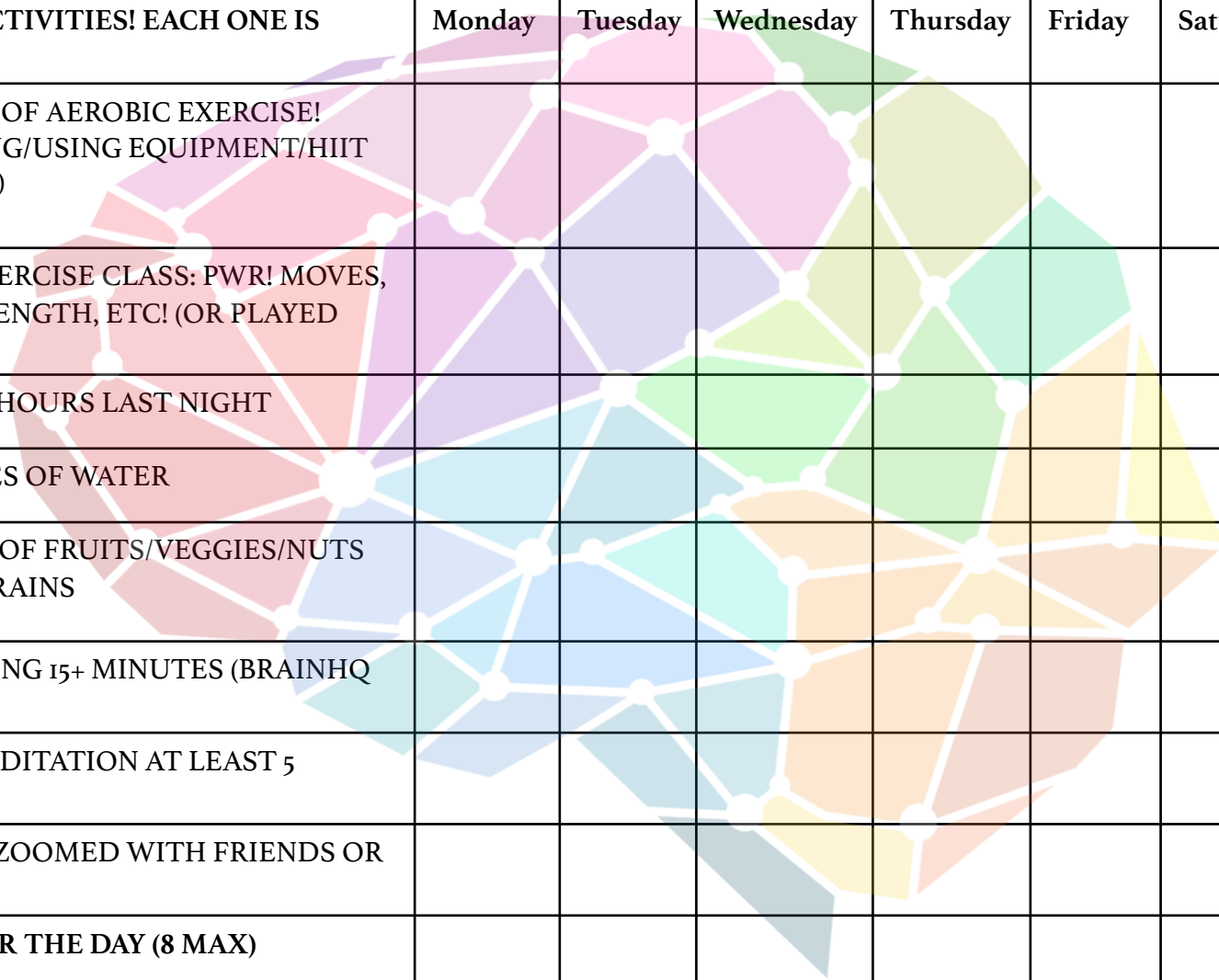


# Brain Health: Let's Play for Points!!



BRAIN HEALTH ACTIVITIES! EACH ONE IS WORTH 1 POINT!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DID 30+ MINUTES OF AEROBIC EXERCISE! (WALKING/JOGGING/USING EQUIPMENT/HIIT OR BOXING CLASS)							
DID A SKILLED EXERCISE CLASS: PWR! MOVES, HIIT, BOXING, STRENGTH, ETC! (OR PLAYED TENNIS OR GOLF!)							
SLEPT AT LEAST 7 HOURS LAST NIGHT							
DRANK 6+ GLASSES OF WATER							
ATE 10+ SERVINGS OF FRUITS/VEGGIES/NUTS /SEEDS/WHOLE GRAINS							
DID BRAIN TRAINING 15+ MINUTES (BRAINHQ OR OTHER)							
DID A GUIDED MEDITATION AT LEAST 5 MINUTES LONG							
CALLED/TEXTED/ZOOMED WITH FRIENDS OR FAMILY!							
TOTAL POINTS FOR THE DAY (8 MAX)							

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

Total points for the week (56 MAX!): \_\_\_\_\_