

Brain Health Daily/Weekly Checklist!

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 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 OR OTHER)							
DID A GUIDED MEDITATION AT LEAST 5 MINUTES LONG							
CALLED/TEXTED/ZOOMED WITH FRIENDS OR FAMILY!							
YOUR GOALS:							
YOUR GOALS:							
TOTAL POINTS FOR THE DAY (10 MAX)							

Week Dates: _____

Total points for the week (70 MAX!): _____