

The Brain Care Score: Take This 12-Question Quiz to Find Out How You Can Take Care of Your Brain

Circle your answer, write the number in the box, and total your score at the end!



Scan here to take it online!

Lifestyle	Nutrition	Dietary habits: <ul style="list-style-type: none"> • 4-5 servings of fruit and vegetables per day; • 2 servings of lean protein (like chicken, turkey, fish, eggs, or beans) per day • 3 or more servings of whole grains (like oats, brown rice, or whole-wheat bread) per day • Avoid high-sodium or salty processed foods (like ham, sausage, frozen meals) • Drink sugary sodas, juices, or sweetened teas less than three times per week. 	Points:	
		Typical weekly diet does not include at least 2 of the recommendations above	0	
		Typical weekly diet includes 2 or more of the recommendations above	1	
		Typical weekly diet includes 3 or more of the recommendations above	2	
	Alcohol	4 or more alcoholic drinks per week	0	
		2-3 alcoholic drinks per week	1	
		0-1 alcoholic drinks per week	2	
	Smoking	Current smoker	0	
		Never smoked <u>or</u> quit more than a year ago	3	
	Aerobic Activities	Less than 150 minutes of moderate <u>or</u> 75 minutes of high intensity physical activity per week	0	
		At least 150 minutes of moderate physical activity (ex. walking) <u>or</u> 75 minutes of high intensity physical activity per week	1	
	Sleep	Less than 7 hours of sleep per night or I have ongoing, untreated issues that disrupt my sleep	0	
7 or more hours of sleep and any sleep issues are being treated		1		
Social Emotional	Stress	Stress feels overwhelming and often prevents me from getting things done	0	
		Feel stressed some of the time, and it occasionally interferes with my routine	1	
		I feel capable of handling my stress and it rarely gets in the way of my day	2	
	Social Relationships	I have few or no close connections that I feel comfortable sharing private matters with	0	
		I have at least two people I feel close to and trust to talk about private matters or call upon for help	1	
	Meaning in life	In the past two weeks, I sometimes struggle to find value or purpose in my life	0	
in the past two weeks, I generally feel that my life has meaning and/or purpose		1		
Physical	Blood Pressure	My blood pressure is high (higher than 140/90); <u>or</u> I do not know my resting blood pressure	0	
		My blood pressure is elevated (between 120/80 and 139/89)	2	
		My blood pressure is in a healthy range (less than 120/80)	3	
	Blood Sugar	Greater than 6.4; <u>or</u> I do not know my blood sugar/A1c score	0	
		Between 5.7 and 6.4	1	
		Less than 5.7	2	
	Cholesterol	My cholesterol is high (190 mg/dL or above); <u>or</u> I do not know my cholesterol levels	0	
		My cholesterol is in a healthy range, and I am not receiving treatment for it	1	
		My cholesterol is elevated, but well managed by diet, exercise, or medication	1	
	BMI	BMI Below 18.5; <u>or</u> Underweight	1	
		BMI Between 18.5 - 25 ; <u>or</u> Average	2	
		BMI Between 25 - 29.9; <u>or</u> Overweight	1	
BMI Greater than 30; <u>or</u> Obese		0		

Did You Know That Increasing Your Brain Score Can Lead to a Lower Risk of Dementia, Stroke, and Late-Life Depression?

"I really love the Brain Care Score because it arms me with information that becomes motivating."

0-14

15-21

It looks like you have some room to grow and learn how to better care for your brain. This score is unique to you and reflects how you can work to improve your brain health by raising it. This assessment isn't about getting a perfect score, it's here to help you see what you might want to focus on next. Even raising your score by one point can lower your risk of dementia, stroke, and depression. Focus on the changes that feel easiest for you. A step in one direction can build momentum in others.

Well done! Based on your answers, you're already following many habits that support brain health. That said, there may still be opportunities to lower your risk of dementia, stroke, or depression even further. You're on the right track, and with a few targeted changes, you can boost your score and maintain your progress. Keep up the good work, and think about ways you can continue to improve your brain health.

Reflect. Set a goal. Take your next step toward better brain health.

Your Brain Care Score gives you a snapshot of how your habits support brain health. You don't need a perfect score — just a starting point. Even one small change can lower your risk for dementia, stroke, and depression.

Let's figure out your next step.

Try One of These Brain-Boosting Tips:

Examples of goals for areas to focus on and improve: sleep, food, movement, stress, or social connection.

Goal	How did you do?
Eat for Your Brain Add more fruits, veggies, and whole grains. Cut back on salt and sugary drinks.	
Move Your Body Aim for 150 minutes of movement per week. Start small — walking counts!	
Sleep Better Stick to a calming bedtime routine. Cut out screens and caffeine late in the day.	
Manage stress Write things down, talk to someone you trust, or do something you enjoy.	
Stay connected Reach out to a friend. Join a group. Make time for real conversations.	

What's Next?

- Share your Brain Care Score and goals with your doctor.
- Check in with yourself next week — what's working? What's hard?
- Celebrate your wins — big or small. Every step counts.