



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 long term can protect your brain health. Let's figure out your next step.

Example Goals to improve your Brain Care Score:

Stay connected

- Call a friend to catch up once a week.
- Sign up to volunteer with a church or organization every week.

Eat for Your Brain

- Add one vegetable to my meal each day.
- Drink one less can of soda each week.

Move Your Body

- Go on a 10 minute walk each day.
- Start with 10 minutes of exercise at home with no equipment, three times a week.

Manage stress

- Talk to someone I trust when stressed.
- Do something I enjoy (e.g., cook, watch a TV show, go on a walk).

Sleep Better

- Try not to drink caffeine after 3PM
- Get ready for bed 30 minutes earlier.

Your Goal(s): _____

Every time you do something to complete that goal, check off a box!