

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 could improve your brain health. Let's figure out your next step. Circle the category where you have the lowest score or where you feel you can make the biggest changes.

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.

Well done! You're already following many habits that support brain health. There are still opportunities to lower your risk of brain conditions. You're on the right track. 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.

Example Goals to improve your Brain Care Score:

Lifestyle	Nutrition	• Add one fruit or vegetable to my meal each day. • Drink one less can of soda each week.
	Sleep	• Try not to drink caffeine after 3PM. • Get ready for bed 30 minutes earlier.
	Aerobic Activities	• Go on a 10 minute walk each day. • Start with 10 minutes of exercise at home with no equipment, three times a week.
	Smoking and Alcohol	• Consider reducing or eliminating smoking and drinking alcohol since they negatively impact the brain. Though it can be challenging to start, please visit GlobalBrainCare.org for some attainable ways you can start.
Social Emotional	Stress	• Talk to someone I trust when stressed. • Do something I enjoy (e.g., cook, watch a TV show, go on a walk).
	Social Relationships	• Call a friend to catch up once a week. • Sign up to volunteer with a church or organization every week.
	Meaning in Life	• Get involved in your community. You can volunteer in areas you enjoy or know well, such as art, sports, teaching, fixing things, food pantries, or organizing events.

Many of these example goals might also improve your blood sugar, cholesterol, or blood pressure levels over time.

Goal 1: _____

Goal 2: _____

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

12345678910

Goal 1:

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Goal 2:

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Looking for more brain care tips? Visit GlobalBrainCare.org