

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



Scan here to take it online!

Circle your answer, write the number in the box, and total your score! You're aiming for a higher score.

Are you taking this for yourself, or someone else? Please circle: Myself Someone else

Lifestyle	Nutrition	Dietary habits: • 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	
		In the pre-diabetes range (Between 5.7 and 6.4)	1	
		In a healthy range (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		



Global
Brain Care
Coalition

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Brain Care Score (0-21)

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!

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Goal 1:

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Goal 2:

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Looking for more brain care tips? Visit GlobalBrainCare.org