SHARP AGAIN
Preserving Memory | Restoring Minds

Brain Health 101 Pre-Webinar Quiz

This quiz will help you get the most out of our webinar by asking you to focus on aspects of your lifestyle where you might be able to make brain-healthy changes. This information is private and sharing it with the group is voluntary.

Nutrition

What you eat has a huge impact on the health of your brain, and is one place where you can get started right away making changes.

On a scale of 1-5, I would rate my eating habits at

❍ ❍ ❍ ❍ ❍

lowest highest

One healthy eating habit I have is: _____

_____

_____

Something I think I could improve on is: _____

_____

_____

Sleep

How much and how well you sleep impacts the function of your body and your brain, and can affect your memory in significant ways.

On average, I sleep _____ hours a night.

On a scale of 1 to 5, I would rate my sleep quality as

❍ ❍ ❍ ❍ ❍

Very poor Very restful

One thing I do to get better sleep is: _____

_____

_____

Something I think I could improve on is: _____

_____

_____

Exercise

Exercise is key to keeping your brain healthy and alert. It affects your sleep, your appetite, and can greatly reduce stress levels.

On a scale of 1-5, I would rate my exercise level at

❍ ❍ ❍ ❍ ❍

Never Daily

What type(s) of exercise do you typically do?

___ Cardio, aerobic, e.g. running, swimming
___ Weight training / strength training
___ Stability and flexibility, e.g. yoga, tai chi
___ Walking / other

One healthy exercise habit I have is: _____

_____

Something I think I could improve on is: _____

_____

Stress

Bad stress, the kind that is chronic, affects your physical as well as your mental/emotional health. It can also cause an inflammatory response, which underlies many chronic diseases.

On a scale of 1-5, I would rate my stress level at

❍ ❍ ❍ ❍ ❍

High stress No stress

One way I reduce my stress level is _____

_____

_____

My biggest source of stress right now is _____

_____

_____

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Brain Health 101 Webinar Worksheet

(You can either print out this sheet, or work on paper of your own).

Use this space to take notes on lifestyle changes you hear about on the webinar that you would like to make.

In the spaces below: choose one thing from your notes above that you will work on, or re-commit to a health goal that you already have, and detail three things that will get you on your way.

My Goal

Make a goal for one change you want to make and write it below.

Make it specific and realistic.

My goal is:

My Action Steps

What are three doable things you can do to make that goal a reality?

1.

2.

3.