

# Brain Health Survey

## MOVE BETTER

How your body moves and coordinates  
*How is your coordination?*



## THINK BETTER

How you concentrate and remember  
*How good is your focus and attention?*



## FEEL BETTER

### Habits

How you look after yourself each day  
*How healthy are your lifestyle routines?*



### Sleep

How you rest, recover and recharge  
*How good is your sleep?*



### Connection

How you feel and relate to others  
*How are your social interactions?*

