

Improve Assessment Questionnaire

Before starting the Improve Program, take a moment to assess your overall Brain Health.

At the end of the program, compare your results to see any improvements!

We encourage honest self-reflection rather than overthinking responses.

Bad=1, Okay=2, Good=3 points

	(1)	(2)	(3)
Lifelong Learning & Social Connection	Bad	Okay	Good
Continual Learning (<i>once a month is bad, every day is good</i>)			
Creativity (<i>couple of hours a week of art, writing or music is good</i>)			
Socialising (<i>several times a day is good</i>)			
Physical Fitness			
Aerobic Activity (<i>150 mins of moderate intensity a week is good</i>)			
Blood Pressure (<i>121/88 to 139/89mmHg is good</i>)			
Blood Sugar (<i>not having Type 2 diabetes is good</i>)			
Total Cholesterol (<i>less than 193 mg/dL or 5.0 mmol/L is good</i>)			
Body Mass Index (<i>18.5 - 25 kg/m2 is good</i>)			
Diet & Nutrition			
Nutrition (<i>low salt, sugar, processed meat & plenty of fruit/vegetables is good</i>)			
Alcohol Consumption (<i>less than 14 units a week is good</i>)			
Smoking (<i>never smoked is good</i>)			
Sleep & Stress			
Time Asleep (<i>7-9 hrs is good</i>)			
Stress Levels (<i>regular low stress is good</i>)			
Score			