



Brain Health Daily Checklist

Small steps today. Stronger mind tomorrow.



	HYDRATE Drink plenty of water throughout the day.	☒
	MOVE YOUR BODY Aim for at least 30 minutes of activity.	☒
	NOURISH YOUR BRAIN Eat whole, nutrient-rich foods to fuel your mind.	☒
	REST & RECOVER Prioritize quality sleep for memory and focus.	☒
	MANAGE STRESS Pray, meditate, or relax with deep breathing.	☒
	CHALLENGE YOUR MIND Read, learn, solve puzzles, and stay curious.	☒
	CONNECT & BE POSITIVE Spend time with people you love and focus on the good.	☒



Small choices every day lead to a healthier brain and a better life.



HEALthy Change 4 Life
Giving Back Quality of Life.

Awareness

Brings

Change

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
Psalm 139:14 (KJV)