



My Brain Health Daily Tracker

Build Your Stronger Brain — One Day at a Time

Daily Brain Habits Checklist

- ☒ I ate at least one brain-boosting food today
 - ☒ I walked or exercised for 20+ minutes
 - ☒ I learned or practiced something new
 - ☒ I practiced mindfulness, breathing, or gratitude
 - ☒ I prioritized 7–9 hours of sleep
-

Weekly Reflection Questions

- ☐ What habit was easiest this week?
 - ☐ What habit was hardest?
 - ☐ How will I improve next week?
 - ☐ How did I feel mentally/emotionally?
-

Small Wins to Celebrate

- ☐ Remembered names, dates, conversations more easily
- ☐ Felt more focused
- ☐ Slept better
- ☐ Felt less stressed

Joshua Lennon, MD
Brain Health Blueprint