



Weekly Brain Boost Challenge



SMALL DAILY WINS FOR A STRONGER MIND

	Day	Challenge
Monday		Eat a new brain-boosting food you haven't tried before (e.g. avocado, walnuts, sardines, kale).
Tuesday		Walk a different route than usual or try a balance exercise for 10 minutes.
Wednesday		Learn 3 new facts about a topic you're curious about.
Thursday		Practice 5 minutes of deep breathing or gratitude journaling.
Friday		Call or meet a friend or family member you haven't spoken to recently.
Saturday		Watch a short educational documentary or TED talk — something mentally enriching.
Sunday		Spend 15 minutes planning your meals and movement for the next week — brain health starts with preparation!

- Reflection Prompt:**
- What challenge was the most fun this week?
 - What challenge made me feel the best mentally?
 - What do I want to keep doing next week?