

Weekly Brain Health Planner

Monday

- Brain-healthy meals (leafy greens, berries, fish, nuts)
- Physical activity (walk, yoga, swim, stretch)
- Mental workout (puzzles, reading, learning something new)
- Social time (call, meet, volunteer, group activity)
- Sleep quality (hours rested, any issues)

Tuesday

- Brain-healthy meals (leafy greens, berries, fish, nuts)
- Physical activity (walk, yoga, swim, stretch)
- Mental workout (puzzles, reading, learning something new)
- Social time (call, meet, volunteer, group activity)
- Sleep quality (hours rested, any issues)

Wednesday

- Brain-healthy meals (leafy greens, berries, fish, nuts)
- Physical activity (walk, yoga, swim, stretch)
- Mental workout (puzzles, reading, learning something new)
- Social time (call, meet, volunteer, group activity)
- Sleep quality (hours rested, any issues)

Thursday

- Brain-healthy meals (leafy greens, berries, fish, nuts)
- Physical activity (walk, yoga, swim, stretch)
- Mental workout (puzzles, reading, learning something new)
- Social time (call, meet, volunteer, group activity)
- Sleep quality (hours rested, any issues)

Friday

- Brain-healthy meals (leafy greens, berries, fish, nuts)
- Physical activity (walk, yoga, swim, stretch)

Weekly Brain Health Planner

Mental workout (puzzles, reading, learning something new)

Social time (call, meet, volunteer, group activity)

Sleep quality (hours rested, any issues)

Saturday

Brain-healthy meals (leafy greens, berries, fish, nuts)

Physical activity (walk, yoga, swim, stretch)

Mental workout (puzzles, reading, learning something new)

Social time (call, meet, volunteer, group activity)

Sleep quality (hours rested, any issues)

Sunday

Brain-healthy meals (leafy greens, berries, fish, nuts)

Physical activity (walk, yoga, swim, stretch)

Mental workout (puzzles, reading, learning something new)

Social time (call, meet, volunteer, group activity)

Sleep quality (hours rested, any issues)

Weekly Goals Overview

- Choose 1 new brain-friendly recipe to try
- Commit to 20+ minutes of daily movement
- Plan 2 social connections this week
- Set a consistent sleep time goal
- Pick 1 new skill or activity to learn

Notes or Reflections

Weekly Brain Health Planner
