



Everyday Brain-Supporting Habits Checklist™

Small, repeatable habits can support the health of your brain along with the rest of your body.



This is not an all-or-nothing list.

Check what is already working and circle one area you would like to strengthen.

1

MOVE REGULARLY



- ☐ I break up long periods of sitting
- ☐ I include aerobic movement
- ☐ I practice strength and balance

2

PROTECT SLEEP



- ☐ I keep a fairly consistent schedule
- ☐ I make room for enough sleep
- ☐ I seek help for persistent sleep problems

3

NOURISH & HYDRATE



- ☐ I eat regular, balanced meals
- ☐ I include colorful plants and protein
- ☐ I drink fluids throughout the day

4

CARE FOR HEART & METABOLIC HEALTH



- ☐ I know my blood pressure
- ☐ I monitor blood sugar and cholesterol as advised
- ☐ I follow up on recommended care

5

CONNECT & KEEP LEARNING



- ☐ I spend time with people who matter
- ☐ I practice a skill or learn something new
- ☐ I make room for enjoyable activities

6

SUPPORT THE WHOLE PICTURE



- ☐ I address hearing or vision changes
- ☐ I review medications when appropriate
- ☐ I avoid smoking and keep alcohol within my personal health guidance

This week, I will:

My One Small Step

When will I do it?



Helpful Healthcare Conversations

Ask about changes in memory or thinking • Mood or sleep concerns • Hearing or vision • Blood pressure, blood sugar and cholesterol • Medication effects



Gentle Reminder

Brain health is shaped by many factors, including age, genetics, health conditions, environment and access to care.



Martine's Midlife Wellness Tip

Choose the habit that feels most doable. One repeatable change is more useful than an ambitious plan you cannot maintain.