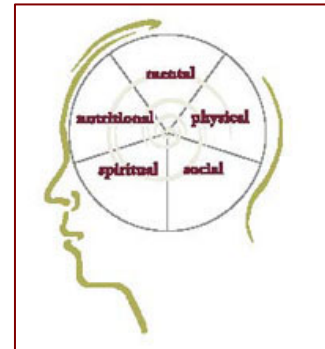


Brain Health Self-Assessment

The purpose of the Brain Health Self-Assessment is to provide feedback on your current brain health lifestyle and to provide some direction for improvement. Assess yourself periodically to monitor your behaviors and to celebrate your successes!

This assessment was modified with permission from Emeritus' partner in brain health programming and education: Dr. Paul Nussbaum, *Guide to Brain Health across the Lifespan*. You may contact Dr. Nussbaum and learn more about brain health through his website at www.paulnussbaum.com



Lifestyle/Behavior. (Check True or False to each of the following statements.) "I ..."	T	F	*Primary Benefit
1. ...am currently taking a class or learning a new task, skill, art form.	<input type="checkbox"/>	<input type="checkbox"/>	Mental
2. ...play challenging board games.	<input type="checkbox"/>	<input type="checkbox"/>	Mental
3. ...am learning a new language or musical instrument.	<input type="checkbox"/>	<input type="checkbox"/>	Mental
4. ...garden or knit.	<input type="checkbox"/>	<input type="checkbox"/>	Mental
5. ...reduce TV and/or videogame exposure.	<input type="checkbox"/>	<input type="checkbox"/>	Mental
6. ...drink 64 ounces of water a day.	<input type="checkbox"/>	<input type="checkbox"/>	Nutritional
7. ...eat at least 5 servings of colorful fruits and vegetables every day.	<input type="checkbox"/>	<input type="checkbox"/>	Nutritional
8. ...include fish, walnuts, almonds or flax seed in my diet at least 3 times a week.	<input type="checkbox"/>	<input type="checkbox"/>	Nutritional
9. ...eat the appropriate number of calories for your body age, height and bone structure.	<input type="checkbox"/>	<input type="checkbox"/>	Nutritional
10. ...drink daily glass of Concorde grape juice or wine, if medically permissible.	<input type="checkbox"/>	<input type="checkbox"/>	Nutritional
11. ...do not smoke.	<input type="checkbox"/>	<input type="checkbox"/>	Physical
12. ...stretch or strengthen exercise 3-5 times a week.	<input type="checkbox"/>	<input type="checkbox"/>	Physical
13. ...walk (with the goal of reaching) 10,000 steps a day. Ten thousand steps = approximately 2.5 to 3 miles.	<input type="checkbox"/>	<input type="checkbox"/>	Physical
14. ...dance.	<input type="checkbox"/>	<input type="checkbox"/>	Physical
15. ...do not use illegal drugs.	<input type="checkbox"/>	<input type="checkbox"/>	Physical
16. ...eat at least one meal a day with others.	<input type="checkbox"/>	<input type="checkbox"/>	Social
17. ...participate daily in an enjoyable event, activity or experience with others (other than at meal time).	<input type="checkbox"/>	<input type="checkbox"/>	Social
18. ...maintain a growing network of friends	<input type="checkbox"/>	<input type="checkbox"/>	Social
19. ...maintain strong ties/relationships with family and friends.	<input type="checkbox"/>	<input type="checkbox"/>	Social
20. ...am forgiving.	<input type="checkbox"/>	<input type="checkbox"/>	Social
21. ...pray or meditate daily.	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual
22. ...identify and renew my purpose & values daily.	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual
23. ...participate in yoga, tai chi, stretching or deep breathing exercise.	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual
24. ...get enough sleep during the night to feel rested by morning.	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual
25. ...write in a daily journal or meditation or prayer log.	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual

* One brain health behavior can actually provide several benefits. For the sake of this self-assessment, behaviors are categorized into "primary" benefits to provide consistency in scoring.

