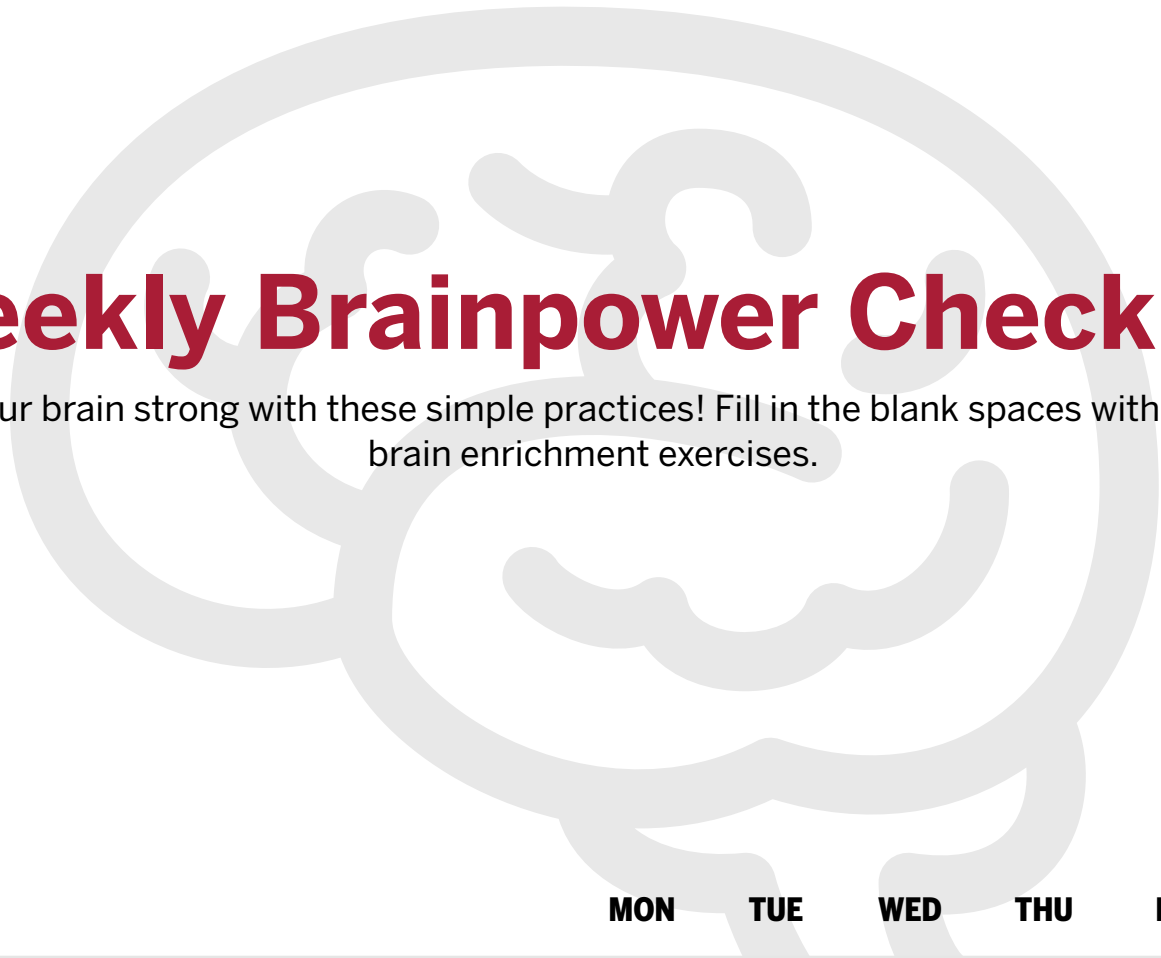




# Weekly Brainpower Checklist

Keep your brain strong with these simple practices! Fill in the blank spaces with your own brain enrichment exercises.



## Practices

MON

TUE

WED

THU

FRI

SAT

SUN

Focus on getting a good night's sleep.

Get moving! Dance, walk around the block, or play with your pet.

Learn something new like a song, fact, or recipe.

Take a different route home on your daily commute.

Take an hour break from screens (your phone, tv, computer, etc.)

Learn and use a new vocabulary word throughout the day.

Use your non-dominant hand for simple activities like brushing your teeth.