



BRAIN HEALTH DAILY CHECKLIST

Support your brain, sharpen your mind

www.bellarosehealinghands.com

✓ Nourish Your Brain

- ☐ Eat brain-boosting foods today (leafy greens, berries, nuts, fish, healthy fats).
- ☐ Drink enough water to stay hydrated.
- ☐ Limit processed foods, sugar, and unhealthy fats.

✓ Move Your Body

- ☐ Engage in at least 30 minutes of physical activity (walking, stretching, yoga, dancing).

✓ Prioritize Quality Sleep

- ☐ Aim for 7–9 hours of restful sleep tonight.
- ☐ Power down screens 30–60 minutes before bed.

✓ Challenge Your Mind

- ☐ Complete a puzzle, brain game, or crossword.
- ☐ Read something new or learn a new skill.
- ☐ Try something creative (drawing, writing, playing music).

✓ Connect with Others

- ☐ Have a meaningful conversation or social interaction.
- ☐ Spend time with family, friends, or your community.

✓ Practice Mindfulness

- ☐ Spend at least 5 minutes in meditation, deep breathing, or mindful reflection.
- ☐ Consider using brain-supportive tools like [BrainTap](#) today.

💡 Weekly Check-Ins

- ☐ Tried a new hobby, activity, or mental challenge.
- ☐ Engaged in social activities or group connections.
- ☐ Reviewed brain health resources or learned something new about cognitive wellness.

Your brain is your greatest asset. Caring for it daily is a powerful act of self-love and future-proofing your life.