

MindCheck 7-Day Brain Health Challenge

Compact Print-Friendly A4 Landscape Worksheet • All 7 days on one page

Day	Goal	Checklist	Notes / Reflection
Day 1	Walk for 20+ min	■ Walk outdoors ■ Notice 3 things ■ Put phone away	What did you notice? _____ _____
Day 2	Improve sleep setup	■ Bed 30 min earlier ■ No screens before bed ■ Cool, dark room	How did you sleep? _____ _____
Day 3	Eat a brain-friendly meal	■ Add leafy greens ■ Include healthy fats ■ Include fish or beans ■ Drink more water	How did the meal feel? _____ _____
Day 4	Connect with someone	■ Call or meet someone ■ Share something positive ■ Have a real talk	Who did you connect with? _____ _____
Day 5	Practice mindfulness	■ Sit quietly 5 min ■ Focus on your breath ■ Return when distracted	How present did you feel? _____ _____
Day 6	Learn something new	■ Try a new skill or hobby ■ Read a new topic ■ Share what you learned	What did you learn? _____ _____
Day 7	Create your brain plan	■ Set a sleep goal ■ Set an exercise goal ■ Set a nutrition goal ■ Set a learning goal	What habit will you keep? _____ _____

Printing tip: choose Landscape orientation and 100% / Actual Size.