

Daily Checklist for Brain Health

Nutrition	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dark leafy greens: 6 or more servings per week														
Other vegetables: 1 or more servings per day														
Nuts: 5 or more servings per week														
Legumes: 3 or more servings per week														
100% whole grains: 3 servings per day														
Berries: 2 or more servings per week														
Fish: 1-2 servings per week (NOT fried fish or fish sticks)*														
Water: 1 glass in the morning, 40-100 oz per day														
Sweets, pastries, and candy: 0-4 servings per week														
Red meat and processed meat: 0-3 servings per week*														
Fried food and fast food: 0-3 servings per month														
Cheese: 0-3 servings per month*														
Butter and butter alternatives: 0-1 Tbsp per day														
Physical Activity														
Aerobic exercise: 150-300 minutes per week														
Resistance exercises: 2-3 times per week														
Stretching, yoga, Tai chi, or balance exercises: 1 or more times per week														
Mindful Practices, Mental Activity, Social Activity														
Mindful breathing, meditation, Kirtan Kriya: 2 or more minutes per day														
Mental activities or social activities: daily														

*Not applicable if you follow a vegetarian or vegan diet