

## 1.4 Healthy Brain Choices

	Current Habits	I am happy with my habits in this area	I would like to improve this habit	Benefits of making improvements (such as more alert, more energy, better focus, physical health, remember better, forget less)	Improvements I could make in this area: Describe things you can do to improve your habits and experience the benefits of that improvement.
<b>My Exercise Habits</b>					
# of days per week	___ days per week	___ Yes ___ No	___ Yes ___ No		
Length of time per day	___ hours per day	___ Yes ___ No	___ Yes ___ No		
<b>My Sleep Habits</b>					
Sun – Thu	___ hours per night	___ Yes ___ No	___ Yes ___ No		
Fri – Sat	___ hours per night	___ Yes ___ No	___ Yes ___ No		
How often do you average less than eight hours of sleep each week?	___ nights per week	___ Yes ___ No	___ Yes ___ No		
<b>Eating Habits</b>					
# days each week you eat breakfast	___ days per week	___ Yes ___ No	___ Yes ___ No		
# of balanced meals each day	___ meals per day	___ Yes ___ No	___ Yes ___ No		
Healthy snacks between meals?	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No		