SAVE YOUR BRAIN GOAL LOG

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HOW TO USE:

Pick a realistic goal in one or more areas.

For example: Eat 1 serving of leafy greens 3x/wk, exercise 30 min/day, play a new card game 1x/ wk, meet with friends or family 2x/wk, get 7-9 hours of sleep nightly, stand on one foot while brushing your teeth daily, etc.

Write down your goals below. Keep track of the days you meet your goals by marking the happy face that day. Tally how many happy faces you've marked at the end of the week and watch your progress!

| GOALS: | |
|-------------|--|
| Eat well: | |
| | |
| Get Moving: | |
| | |
| Stay Sharp: | |
| Stay Sharp. | |
| | |
| Be Social: | |
| | |
| Other: | |
| | |

| | Sun | Mon | Tue | Wed | Thurs | Fri | Sat | Tally |
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