SAVE YOUR BRAIN GOAL LOG

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:

Eat a serving of berries at least 5x/wk

Get Moving:

_____

Stay Sharp:

_____

Be Social:

Volunteer 1x/wk at the local hospital

Other:

_____

Month: ____June____

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Tally
DATE	30	31	1	2	3	4	5	
EAT WELL	☺✓	☺☹	☺☹	☺✓	☺☹	☺☹	☺☹	2
GET MOVING	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
STAY SHARP	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
BE SOCIAL	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺✓	1
OTHER	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
DATE	6	7	8	9	10	11	12	
EAT WELL	☺✓	☺✓	☺☹	☺☹	☺✓	☺✓	☺☹	4
GET MOVING	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
STAY SHARP	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
BE SOCIAL	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	0
OTHER	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
DATE	13	14	15	16	17	18	19	
EAT WELL	☺✓	☺☹	☺☹	☺✓	☺✓	☺☹	☺☹	3
GET MOVING	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
STAY SHARP	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
BE SOCIAL	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	0
OTHER	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
DATE	20	21	22	23	24	25	26	
EAT WELL	☺✓	☺✓	☺✓	☺☹	☺✓	☺☹	☺✓	5
GET MOVING	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
STAY SHARP	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
BE SOCIAL	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺✓	1
OTHER	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
DATE	27	28	29	30	1	2	3	
EAT WELL	☺☹	☺✓	☺✓	☺☹	☺✓	☺✓	☺☹	4
GET MOVING	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
STAY SHARP	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___
BE SOCIAL	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺✓	1
OTHER	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	☺☹	___