

MY HEALTHIER ME CONTRACT

I want to do all that I can do keep my brain healthy! As part of my plan for improving my memory fitness and achieving better brain health, I promise myself that I will get brain healthy in the following ways:

BODY: I WILL BOOST MY BRAIN HEALTH BY:

- Exercising regularly
- Working to get a better night's sleep or more rest
- Improving my diet and being more aware of its impact on brain health
- Doing all I can to control medical conditions that may put me at greater risk for cognitive problems
- Doing a better job monitoring my medications
- Other: _____

MIND: I WILL BOOST MY MEMORY BY:

- Playing more games that challenge me to focus, think quickly and flexibly
- Trying new, creative activities that challenge and "cross train" my brain
- Working to add more memory strategies to my daily routine
- Finding ways I can manage information I need to remember so it isn't overwhelming
- Other: _____

SPIRIT: I WILL BOOST MY MEMORY BY:

- Working on ways I can manage anxiety and stress better
- Getting help with feelings of depression and sadness
- Thinking more positively about myself & focusing on all my remaining abilities!
- Other: _____

Signature _____ Date _____