

2A. FUNCTIONAL BRAIN LOG STUDENT WORKSHEET

Instructions:

Record the type and amount of sleep you get, the food you eat, and the exercise you do over the next three days. Use one sheet of paper for each day.

DATE:			
<u>SLEEP</u>	TIME TO BED:	TIME TO GET UP:	HOURS OF SLEEP:
<u>DIET</u>	FOODS EATEN FOR:		
	BREAKFAST		
	LUNCH		
	SUPPER		
	SNACKS		
<u>EXERCISE</u>	TYPE:	DURATION (Minutes)	
	_____	_____	
	_____	_____	
	_____	_____	

2A. FUNCTIONAL BRAIN LOG — HABITS

Now that you have logged your diet, exercise, and sleep, record your responses to each statement using the following scores:

- 4 - Yes, always or usually
- 3 - Often
- 2 - Sometimes, maybe
- 1 - Occasionally, rarely
- 0 - Never, never or hardly ever

Diet

- 1. I pay attention to the quality or quantity of foods I eat. _____
- 2. I think my diet is well balanced and wholesome. _____
- 3. I drink fewer than 2 alcoholic drinks per week. _____
- 4. I drink fewer than 5 soft drinks per week. _____
- 5. I eat at least two raw fruits or vegetables each day. _____
- 6. I add little or no salt to my food. _____

Exercise

- 7. I climb stairs rather than ride elevators. _____
- 8. I enjoy dancing and/or moving my body in rhythm with music. _____
- 9. My daily activities include jogging or swimming. _____
- 10. I do aerobic exercise for 30 minutes, three times a week. _____

Sleep

- 11. I get adequate sleep and awake refreshed. _____
- 12. I sleep between 7–9 hours a night. _____
- 13. I am rested and refreshed when I awaken each day. _____
- 14. I allow myself time to unwind before going to bed. _____

Safety Habits

- 15. I wear a seat belt when I ride in a vehicle. _____
- 16. I wear shoes with laces and keep them firmly tied. _____
- 17. I wear a helmet when riding my bicycle, skateboarding or other such activities. _____
- 18. I often ride with drivers who obey traffic laws and speed limits. _____
- 19. I wear a helmet when I rollerblade or skateboard. _____

2A. FUNCTIONAL BRAIN LOG — SCORING YOUR HABITS

Students should tally their scores for each section. The following point scale will give the students an indication of how well they maintain their brain's optimal functioning capacity and the area(s) in which they need to improve.

76-61 points

You are putting forth a great effort to supply your brain with the opportunity to function at a high level for a long time. Keep up the good work—your brain will thank you for it!

60-41 points

You're doing a good job of making your brain work for you. Continue to work toward your future by maintaining high, realistic goals and a positive attitude.

40-21 points

You are approaching the danger zone. If you continue with your current routine you won't be doing yourself any favors in the long run. All is not lost yet—you can improve the quality of your life in the future. Review the tips on the Better Brain Log sheet.

20-0 points

A score that falls within this range indicates that you aren't doing a very good job of using your brain. It is time to think of ways in which you can immediately begin optimizing your brainpower! Work first on those areas where you are likely to be successful—tackle the tougher sections later. Good luck!