

My Brain Journal

Put a check next to anything you did today.
Fill in the blank lines under the boxes you checked.

What I did to keep my brain healthy today:

1. Ate healthy foods

- For breakfast, I ate:



- For lunch, I ate:

- For a snack, I ate:

- For dinner, I ate:

2. Protected my brain:

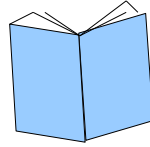
- Wore my seatbelt in the car
 Wore my helmet when I rode my bike



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3. Exercised my brain:

- Did a puzzle
- Read a book or magazine
- Played a board game or card game
- Went to school and did my homework
- Did something else to exercise my brain:



4. Exercised my body:

- Took a walk
- Rode my bike
- Played a sport
- Played outside
- Did something else to exercise my body:



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- Got lots of sleep last night
 - Did not do anything to harm my brain, like smoking or taking drugs that are harmful.



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5. It is also important to do things to help other people stay healthy.

Did you do anything to help your friends and family today?

- Helped make dinner
- Cleaned the house or my room
- Played with my brother, sister or friend
- Made someone laugh
- Turned off the lights when I left a room
- Did something else to help someone: _____

Now, count how many checks you have in your brain journal.

I have _____ checks in my Brain Journal.

Did you do a lot of things to keep your brain healthy today?

