

# Rate yourself on the following:

	Needs work											Doing great!
Managing CVD Risk Factors	1	2	3	4	5	6	7	8	9	10		
Diet	1	2	3	4	5	6	7	8	9	10		
Physical Exercise	1	2	3	4	5	6	7	8	9	10		
Cognitive Exercise	1	2	3	4	5	6	7	8	9	10		
Sleep	1	2	3	4	5	6	7	8	9	10		
Social Connection	1	2	3	4	5	6	7	8	9	10		
Emotional Well-Being	1	2	3	4	5	6	7	8	9	10		

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**What are two things you can start today to move towards a more brain healthy lifestyle?**

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