

BRAINWORKS

Training Log

A PROGRAM BROUGHT TO YOU BY JANUS LABS

MY PLAN

My Focus Phrase/Mantra: _____

BRAIN HEALTH AREAS OF FOCUS

BRAIN TRAINING

STRATEGIES

	SUN	MON	TUE	WED	THU	FRI	SAT

SAMPLE BRAIN HEALTH STRATEGIES

- Eat something every 3-4 hours during the day
- Eat balanced meals; 25% protein, 25% whole grains, 50% fruits/veggies
- Eat fatty fish at least 2x week or take a fish oil supplement
- Regularly consume high-nutritional value foods (veggies, fruits, fish, nuts)
- Get at least 60 minutes of general activity each day
- Take regular stretch and/or walk breaks during the day
- Get 30 min of cardiovascular exercise at least 2x a week
- Do full body strength training at least 2x a week
- Regularly practice relaxation strategies (meditation, yoga, massage, etc.)
- Get at least 7 hours of sleep each night
- Volunteer in community 1x a month
- Call home to connect with family at a scheduled time each day

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NOT FDIC-INSURED	MAY LOSE VALUE	NO BANK GUARANTEE
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SAMPLE BRAIN TRAINING STRATEGIES

- Daily gratitude list each morning
- Journal each night before bedtime
- Use mental rehearsal techniques before important events
- Take a mid-day mental break (get outside if possible)
- Practice mental focus exercises daily
- Connect to purpose or vision each morning
- Read a challenging book every month
- Practice mindfulness with family, friends, clients
- Try a new hobby or sport
- Practice memory techniques for client names, birthdays, etc.
- Utilize online brain training games or programs



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Janus Distributors LLC 151 Detroit Street, Denver, CO 80206

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