



Supporting Optimal Brain Health and Preventing Neurophysiological Susceptibility Assessment

The brain needs certain “essential nutrients” to function optimally. This questionnaire is intended to assess current engagement in activities that impact brain health so that you can know your baseline, identify areas for change, and measure progress over time. There are no right or wrong answers.

Never: not ever true

Occasionally/Yearly: More than never, but less than 12 times a year

Sometimes/Monthly: More than 12 times a year but not necessarily a weekly basis

Usually/Weekly: Not every day, but multiple days a week

Always: Every day

	Never	Occasionally (Yearly)	Sometimes (Monthly)	Usually (Weekly)	Always (Daily)
I sleep 7-9 hours per night					
I have trouble falling or staying asleep					
I wake up feeling rested					
I engage in 30-45 minutes of moderate or greater intensity aerobic exercise					
I engage in strength training exercises					
I practice yoga, tai-chi, or dance					
I engage in mindfulness practice(s)					
I check in with my internal thoughts, feelings, and sensations					
I engage in focused, goal-oriented tasks					
I engage in non-goal directed activities (e.g., day dreaming, listening to music, doodling, checking Facebook)					

	Never	Occasionally (Yearly)	Sometimes (Monthly)	Usually (Weekly)	Always (Daily)
I engage in exploratory, spontaneous, and unstructured activities					
I spend time in nature and/or connecting with animals					
I meaningfully connect with family members or friends					
I participate in community events that benefit others					
I eat healthy, balanced meals					
I limit simple sugar intake					
I avoid allergy-inducing foods (when relevant)					
I smoke cigarettes or cigars or am exposed to second hand smoke					
I ingest non-prescribed medications or other illegal drugs					
I drink 3 or more alcoholic beverages (see diagram below)					

