

Brain Fitness Calculator

People’s day-to-day lifestyle choices and activities have a profound impact on their brain health and function, both in the short term and long term. The Brain Fitness Calculator is a series of questions about modifiable factors in a person’s life that can give us hints on how well they are taking care of their brains at this time and what will be the trajectory for their brain function - and size - in the future. The score from this assessment can provide incentives for people to become proactive toward building a stronger brain and appreciate how simple tweaks in their daily activities can reshape their brain for decades to come.

Green (Good job, keep it up): 60-75 Orange (Need some work): 45-59 Red (Need lots of work): 15-44

	Your Score
Energy level throughout the day (low: very tired to high: very energetic)	1 2 3 4 5
Fitness (low: totally out of shape to high: in great shape)	1 2 3 4 5
Peaceful state of mind (low: stressed out and nervous to high: calm and in control)	1 2 3 4 5
Organized (low: chaos at home and work to high: well-organized most of the time)	1 2 3 4 5
Positive attitude (low: life is tough; everything will fail to high: life is beautiful; everything will work out just fine)	1 2 3 4 5
Satisfactory sleep (low: trouble falling sleep or up all night to high: sleep well, about 8 hours a night)	1 2 3 4 5
Memory for names (low: can't remember anybody's name to high: remember everybody's name)	1 2 3 4 5
Taking Brain Vitamins (low: never or one day a week to high: 5 or more days a week)	1 2 3 4 5
Social engagement (low: prefer to stay alone by myself to high: busy with lots of social activities every week)	1 2 3 4 5
Sense of curiosity (low: not too much into figuring things out to high: love to discover new things and solve puzzles)	1 2 3 4 5
Love your daily routine (low: dread my day-to-day routine to high: enjoy and love my daily routine)	1 2 3 4 5
Heart healthy diet choices (low: fast food, donuts, French-fries to high: lots of fruits and vegetables, zero junk food)	1 2 3 4 5
Mindful of portion size (low: eat large portions and second servings to high: prefer small and reasonable portions)	1 2 3 4 5
Extracurricular activities / hobbies (low: do not enjoy participating in activities to high: enjoy trying new hobbies, participating in community activities, volunteering, or helping others in my community)	1 2 3 4 5
Usual mood (low: down and depressed to high: happy and cheerful)	1 2 3 4 5
Add up your score:	