

**Brainology® Unit 1 Lesson 1, “Connect It”: Brain Scan - Option A****Scan Your Brain Health**

To learn, grow, and perform well, your brain needs to be physically healthy. Answer the following questions to get feedback on how healthy your brain habits are right now and how you can improve them.

For each question below, circle the number next to your answer.

**1. Sleep: How many hours of sleep did you get last night?**

- 1) 6 or less
- 2) 7-8
- 3) 8 or more

**2. Nutrition: How many of the following types of food will you eat today?**

- Fish or lean meat (fish, chicken, or turkey)
- Dairy (eggs, milk, cheese, or yogurt)
- Fruits & Vegetables (apples, oranges, broccoli, beans, spinach, etc.)
- Nuts & Grains (almonds, peanuts, walnuts, pistachios, cashews, whole wheat pasta, whole grain bread/cereal, bran muffin)

- 1) None of these food types
- 2) One of these food types
- 3) Two of these food types
- 4) Three or more of these food types

**3. Exercise: What kind of exercise will you do today?**

- 1) None
- 2) Light (for example, walking, housework)
- 3) Medium (dancing, skateboarding, baseball, hiking, etc.)
- 4) Heavy (running, swimming, basketball, soccer, etc.)


**4. Exercise: How long will you do the exercise above?**

- 1) Less than 10 minutes
- 2) 10-19 minutes
- 3) 20-30 minutes
- 4) More than 30 minutes

## Brainology® Unit 1 Lesson 1, “Connect It”: Brain Scan - Option A, cont.

## Score Your Brain Health

Add up **all** the numbers that you circled (1, 2, 3, or 4) and look at the feedback chart below.

If your total points were:	You were in the:	This means:
12 or more	 <p><b>Growth Zone</b></p>	<p>Your overall brain health for this period was in the growth range. This means that you are doing lots of good things to make your brain healthy. Even so, there may be ways that you can do better. Sleep, nutrition, and exercise all help the brain learn. Look at the feedback on the next page to see how you can keep your brain healthy.</p>
7-11	<p><b>Mixed Zone</b></p>	<p>Your overall brain health for this period was in the mixed range. This means that you are doing some good things for your brain, but it still does not have all the support it needs to grow stronger. Sleep, nutrition, and exercise all help the brain learn. Look at the feedback on the next page to see how you can keep your brain healthy and move into the Growth Zone.</p>
Less than 7	<p><b>Fixed Zone</b></p>	<p>Your overall brain health for this period was in the fixed range. This means that your brain does not have all the support it needs to grow stronger. Sleep, nutrition, and exercise all help the brain learn. Look at the feedback on the next page to see how you can keep your brain healthy and move into the Growth Zone.</p>

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## Your Brain Health: What can you do about it?

Take a look at your answers to each of the questions. Where did you circle a 3 or 4? Those were your healthy brain areas! Where did you circle a 1 or a 2? Those are the places to work on. Look at the categories below to see how moving yourself into the Growth Zone can help.

<b>Sleep</b>	<p>The recommended amount of sleep is 8 hours or more for young people. When you sleep, your brain cleans out the junk, locks in new knowledge, and grows new brain cells. If you are having trouble sleeping, try using “Square Breathing” (from Brainology® Level 2—see your Study Tips Guide).</p>
<b>Nutrition</b>	<p>Good nutrition makes your brain cells work faster and better. Foods that are best for brain health are natural foods, like eggs, fish, poultry, low-fat dairy, fruits, vegetables, and whole grains. Try not to eat lots of sugar, fat, and salt such as those found in processed snacks and fast food—they are not healthy for your brain.</p>
<b>Exercise</b>	<p>Exercise gets oxygen flowing to your brain and makes you grow more new brain cells. Doing aerobic exercise—where your heart rate and breathing go up—for at least 20 minutes a day is best. This includes activities like dancing, jogging, swimming, basketball, soccer, or similar sports that get you moving.</p>

**Brainology® Unit 1 Lesson 1, “Connect It”: Brain Scan - Option A, cont.****What will you do to help your brain stay in the Growth Zone?**

I will focus on improving my:

- Sleep
- Nutrition
- Exercise

**How will you do this?**

What will I do?

When will I do it?

Who will help me?

How will this help me to grow?