



# SAVE YOUR BRAIN

## Detailed Quiz Results (Optional)

This score sheet includes a more detailed breakdown of each of the four sections of the **Save Your Brain Quiz**. It can help you analyze and target specific behaviors.

Write in your answer for each question. Calculate your total on the right side, and check out your results! To get more information, see the packet "**Save Your Brain: More Information.**"

### Eat Well

Question	Your Answer
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

For questions 1-15:

Count A's: \_\_\_\_ x 0 = \_\_\_\_

Count B's: \_\_\_\_ x 1 = \_\_\_\_      TOTAL: \_\_\_\_

Count C's: \_\_\_\_ x 2 = \_\_\_\_

**Total:**

3-13: Your risk for cognitive decline has not changed, but there is room for improvement!

14-16: These diet choices may lower your risk for cognitive decline by up to **35%**

17-30: These diet choices may lower your risk for cognitive decline by up to **53%**

### Get Moving

16	
<b>17</b>	
18	
19	
20	
21	

For question 17:

a. Your risk for cognitive decline has not changed, but there is room for improvement

b. Your physical activity may lower your risk for cognitive decline by up to **29-40%**

c. Your physical activity may lower your risk of cognitive decline by up to **35-50%**

For other questions: The more C's you have, the more you've reduced your risk!

### Stay Sharp

22	
23	
24	

For questions 22-24:

Count A's: \_\_\_\_ x 3 = \_\_\_\_

Count B's: \_\_\_\_ x 7 = \_\_\_\_      TOTAL: \_\_\_\_

Count C's: \_\_\_\_ x 9 = \_\_\_\_

**Total:** >11: Your risk of cognitive decline may have decreased by up to **47-63%**

### Be Social

25	
26	

Studies show that having many social interactions and having a confidant reduce your risk!