






# My Brain Health Plan

Way to keep my brain healthy	My Goal	Who can support me with this?	Progress towards my goals
	What goals would you like to set?	How can your family, friends, support workers help you with your goals?	Don't forget to record your progress!
Staying connected 			
Sleeping well 			
Eating well 			
Moving more 			
Trying something new 			

**You can bring this plan to your annual health check!**

**You can also set new goals when you have completed these ones.**

