

Brain Health Check

A 2-minute self-check across 7 areas linked to healthy brain aging

This check draws on research presented at the Alzheimer's Association International Conference (AAIC) in 2025 and 2026, including the U.S. POINTER study and the LatAm-FINGERS trial, the same research reviewed in PrimeSpan's webinar series. Rate where you are today in each area, then use the reflection at the end to choose one focus for the next 7 days.

HOW TO RATE: circle one number per area. 1 = Needs attention 5 = Thriving

1

Movement

Aerobic activity, strength training, balance and flexibility, and simply sitting less.

1**2****3****4****5**

Needs attention

Thriving

2

Nutrition

Vegetables, fruits, whole grains, beans, nuts, seeds, fish and healthy fats. Food first, not supplements.

1**2****3****4****5**

Needs attention

Thriving

3

Cognitive engagement

Activities with real novelty, effort and progression, like a new language or instrument, not just crosswords.

1**2****3****4****5**

Needs attention

Thriving

4

Social connection

Belonging, mutual support, shared interests and feeling known, not just being around people.

1**2****3****4****5**

Needs attention

Thriving

5

Sleep

Duration, quality, consistency and daytime energy.

1**2****3****4****5**

Needs attention

Thriving

6

Emotional well-being

Managing stress and low mood, and keeping a sense of purpose. Never a personal weakness.

1**2****3****4****5**

Needs attention

Thriving

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7

Cardiovascular health

Blood pressure, cholesterol, blood sugar, not smoking.
Know your numbers and review them with your doctor.

1

2

3

4

5

Needs attention

Thriving

Your reflection

Don't try to change everything at once. Start with one meaningful, sustainable action.

1. Which area received my lowest score?

2. Which area could have the greatest effect on my daily life?

3. What is one action I can take in the next 7 days?

When to talk with a professional: if you've noticed changes in memory or thinking, or have ongoing sleep problems such as loud snoring or daytime exhaustion, please speak with a qualified healthcare professional. This check is a starting point for reflection, not a test.

Want support turning your focus into a habit? Learn about PrimeSpan membership and coaching at primespan.life/how-primespan-works.

Sources: Alzheimer's Association International Conference (AAIC) 2026, LatAm-FINGERS results (aaic.alz.org/releases-2026/latam-fingers-improves-brain-health-latin-america.asp); The Lancet (13 July 2026), LatAm-FINGERS randomised controlled trial ([thelancet.com/journals/lancet/article/PIIS0140-6736\(26\)01278-X](https://thelancet.com/journals/lancet/article/PIIS0140-6736(26)01278-X)); Alzheimer's Association, U.S. POINTER study results, AAIC 2025 (aaic.alz.org/releases-2025/us-pointer-study-results-announced.asp); Alzheimer's Association WW-FINGERS network (alz.org/wwfingers).

For educational purposes only. This is not medical advice, diagnosis or treatment, and it does not predict or diagnose any condition. No lifestyle program can guarantee that someone will not develop Alzheimer's disease or another form of dementia. Please consult a qualified healthcare professional before making changes to your health plan.