



Functional Pharmacy
BODY, MIND, AND SOUL

Your Brain Health Action Guide

A practical, whole-person plan to support memory, energy, independence, and meaningful living - one manageable step at a time.

Begin with the whole picture.

Your brain is supported by interconnected foundations: nutrition, movement, sleep, metabolic health, stress care, connection, and lifelong learning. A practical plan helps you see the whole picture, choose a priority, and build from there.

Build on 7 Brain-Healthy Foundations

1 NOURISH	Build meals around colorful vegetables, quality protein, healthy fats, and fiber-rich foods. Limit ultra-processed foods and added sugars.
2 MOVE	Include aerobic activity, strength training, balance work, and frequent movement throughout the day.
3 SLEEP	Protect a consistent sleep schedule and make restorative sleep a priority.
4 SUPPORT METABOLIC HEALTH	Review blood sugar, blood pressure, lipids, and other health markers with your healthcare team.
5 RESTORE	Use prayer, gratitude, breathing, mindfulness, time outdoors, or reflection to help manage stress.
6 CONNECT	Invest in relationships, purpose, faith, service, and community - they matter for healthy aging.
7 CHALLENGE	Keep learning: read, create, play music, learn a skill, solve problems, and stay curious.
A gentle reminder	You do not need to change everything at once. Start with one foundation, choose one realistic action, and strengthen it over time.

Where Are You Starting Today?

Circle one answer for each statement, total your score, and use the results to choose where you want to begin. This is a reflection tool - not a medical screening or diagnosis.

	Rarely 0	Sometimes 1	Often 2	Most days 3
1. I eat vegetables, quality protein, healthy fats, and fiber-rich foods most days.	☐	☐	☐	☐
2. I move intentionally most days and include strength or balance activities each week.	☐	☐	☐	☐
3. I usually get enough restorative sleep and keep a consistent sleep schedule.	☐	☐	☐	☐
4. I know my blood pressure, blood sugar, and other key metabolic health markers.	☐	☐	☐	☐
5. I have regular practices that help me manage stress and restore calm.	☐	☐	☐	☐
6. I feel connected to people, purpose, faith, service, or community.	☐	☐	☐	☐
7. I challenge my brain through learning, creativity, music, reading, or new experiences.	☐	☐	☐	☐

0-7 BEGIN

Choose one foundation that feels both important and doable.

8-14 BUILD

Notice what is working and strengthen one area that needs support.

15-21 SUSTAIN

Keep your foundations steady and look for a meaningful next step.

1 ASSESS

My score is _____ / 21

2 CHOOSE

The foundation I want to strengthen first is _____

3 ACT

This week, I will _____

Your Body. Your Goals. Your Power.

Schedule a complimentary 20-minute Discovery Call.
Scan to visit functionalpharmacyco.com/CONTACT/



Educational only; not a medical screening, diagnosis, or substitute for individualized care. Discuss symptoms and treatment decisions with your healthcare professional.