






2026
June

Brain Health Challenge



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Go to bed 1 hour before your usual bedtime	2 Add spinach or kale to 1 meal (smoothie, salad, omelet)	3 Sign up for a lecture at your local library	4 Take a 20 min walk outside 	5 Make plans with a friend or loved one	6 Declutter your space for 15 mins
7 Set an alarm to wake up at the same time all week 	8 Read an article on a new topic	9 Explore exercise classes at a local YMCA or JCC	10 Check in on a friend you haven't talked to in a while	11 Write down 5 positive memories in detail	12 Cook fish (tuna, salmon) for dinner 	13 Try a new recipe - challenge yourself!
14 Take 20 mins to stretch or do yoga	15 Add berries to your breakfast (oatmeal, yogurt) 	16 Try a guided mediation	17 Avoid bright or blue light 1 hour before bed	18 Try something creative (painting, photography, crochet)	19 List 3 things you are grateful for	20 Take a friend or loved one to a new restaurant
21 Join a club at your local senior center	22 Aim to drink 6-8 cups of water	23 Complete a crossword or brain teaser	24 Try a journaling exercise 	25 Add beans to 1 meal (salad, rice, taco)	26 Limit alcohol & caffeine intake before bed	27 Take a bike ride in a new location 
28 Eat 1 serving of whole grains (oats, quinoa)	29 Make time for your favorite hobby	30 Aim for over 5 hours of sleep 	1	2	3	4