

Daily Checklist
**FOR COGNITIVE
HEALTH**



SOLCERE™

CONGRATULATIONS ON TAKING THIS MEANINGFUL STEP TOWARD ENHANCING YOUR BRAIN HEALTH AND OVERALL WELL-BEING. THIS CHECKLIST ISN'T JUST A GUIDE—**IT'S A COMPANION TO HELP YOU CULTIVATE A LIFE OF MENTAL CLARITY, RESILIENCE, AND VITALITY.**

WE UNDERSTAND THAT CREATING NEW HABITS CAN FEEL OVERWHELMING AT FIRST, BUT **EACH STEP HERE IS DESIGNED TO BE SIMPLE, PRACTICAL, AND EFFECTIVE.** EVERY ACTION, WHETHER IT'S A BRIEF MEDITATION, A MINDFUL MEAL, OR A WALK IN THE SUNSHINE, HAS BEEN CHOSEN FOR ITS PROVEN ABILITY TO SUPPORT COGNITIVE FUNCTION AND HOLISTIC HEALTH.

REMEMBER, **IT'S NOT ABOUT PERFECTION—IT'S ABOUT PROGRESS.** SOME DAYS YOU MAY COMPLETE EVERY TASK, AND OTHER DAYS, ONLY A FEW. THAT'S OKAY. THE POWER LIES IN CONSISTENCY OVER TIME AND SHOWING UP FOR YOURSELF IN WAYS THAT MATTER.

FEEL FREE TO ADAPT THIS CHECKLIST TO FIT YOUR UNIQUE LIFESTYLE AND PREFERENCES. **THE GOAL IS TO CREATE A ROUTINE THAT FEELS EMPOWERING AND SUSTAINABLE FOR YOU.**

Dr. Heather Sandison

MORNING CHECKLIST:

■ CHECK KETONES (BLOOD OR URINE)

■ MORNING SUPPLEMENTS

■ BREAKFAST

■ BRUSH AND FLOSS TEETH

■ DRY BRUSH FOR LYMPHATIC

■ STIMULATION

KIRTAN KRIYA MEDITATION

■ PRAYER/MEDITATION

WALK OUTDOORS WITH SUN EXPOSURE

■ CHALLENGING COGNITION-

ENHANCING ACTIVITY

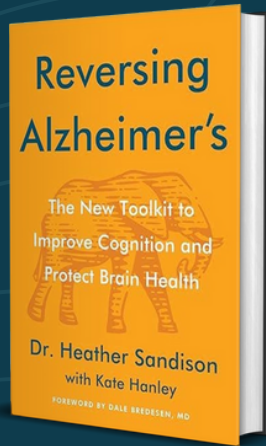
MIDDAY CHECKLIST:

- LUNCH
- AFTERNOON SUPPLEMENTS
- CREATIVE ACTIVITY
- EXERCISE AND PERSPIRE
- SHOWER
- SOCIALIZE OR CALL SOMEONE

EVENING CHECKLIST:

- DINNER
- GAMES/ FUN ACT
- BEDTIME ROUTINE/UNPLUG/READ
- BRUSH AND FLOSS TEETH
- NIGHTTIME SUPPLEMENTS
- SLEEP

ADDITIONAL RESOURCES:



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