



**TBH  
365**

**CHALLENGE**

# MEETUP SCHEDULE

LOCATION \_\_\_\_\_ DAY \_\_\_\_\_

TIME \_\_\_\_\_ TO \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_ PHONE \_\_\_\_\_

| DATE | TBH365 MEETUP TITLE       | WHAT WE'LL COVER   |
|------|---------------------------|--|
|      | <b>LET'S GET STARTED</b>  | Learn about the TBH methodology and get started with your TBH365 Challenge!  |
|      | <b>MOVE IT!</b>           | What kind of physical activity is really best for your brain? Learn the science behind exercise and cognition              |
|      | <b>THINK SHARPER</b>      | Do "brain games" really matter? Learn about your thinking skills and how to sharpen them                                   |
|      | <b>NEW FRIENDS</b>        | You've got to have friends! Hear why social engagement is key to boosting your brain health                                |
|      | <b>PERSONAL BEST</b>      | Take a deep dive into the science behind how your daily diet impacts your cognitive health                                 |
|      | <b>GET ORGANIZED!</b>     | Organized people remember better! Learn why and some easy ways we can all get more organized                               |
|      | <b>THAT'S THE SPIRIT!</b> | Learn more about the ways emotional well-being impacts your thinking   |
|      | <b>SLEEP BETTER</b>       | Understand why sleep matters to your memory and begin a challenge designed to get you more zzz's                           |
|      | <b>GET CREATIVE!</b>      | Creativity is a big brain booster – learn why and begin a challenge that brings more creativity into your daily routine    |
|      | <b>TEAM UP!</b>           | Confidence matters to your cognition! Learn why and what you can do to gain more of it                                     |
|      | <b>SPREAD THE WORD!</b>   | Optimism can be a big brain booster. Hear how you can gain a more positive outlook for better brainpower                   |
|      | <b>CLASS ACT</b>          | Problem solving and other skills help us stay independent and vital. Learn some great tips for keeping these skills sharp. |
|      | <b>WRAP UP</b>            | Look at all you've accomplished together over the TBH365 Challenge and celebrate!  |