

CLASS 20 | CLASS PARTY! WORKSHEET

Total Brain Health® Blueprint

DIRECTIONS: The Total Brain Health® Blueprint Graphic is a graphic representation of the plan on which the TBH BRAIN WORKOUT program is based. It demonstrates the balance of engagement across the Body | Mind | Spirit pillars and 9 Action Points of The Total Brain Health® Blueprint.

Use the Total Brain Health® Blueprint Graphic to review once again what we all need to do to maintain our brain health. You can even circle those Action Points you most want to keep up after the class is over!

