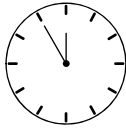
























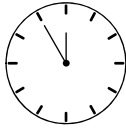
























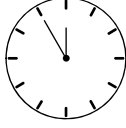
























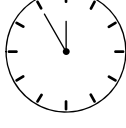
























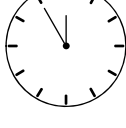
























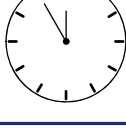
























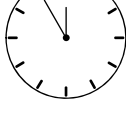


























Brain Health

Sleep, Step, & Water Tracker

Day	Hours of Sleep	# of Steps	Ounces of Water
Monday	 _____	           	           
Tuesday	 _____	           	           
Wednesday	 _____	           	           
Thursday	 _____	           	           
Friday	 _____	           	           
Saturday	 _____	           	           
Sunday	 _____	           	           

 = 8 ounces of water

 = 1000 steps