

2025 September

Urban Life's Brain Health Challenge

Mix it up every day,
focus on one each
week, or commit to a
single habit all month.

Whether you try them
all, a few, or just one—
every step strengthens
your brain!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| 31 | 1 Take a brisk 30-minute walk | 2 Eat a cup of leafy greens | 3 Try a new type of exercise (dance, yoga, tai chi) | 4 Swap a processed snack for fruit or nuts | 5 Do 10 minutes of strength/balance training | 6 Add an omega-3 food (salmon, walnuts, flax seeds) |
| 7 Spend time outside in natural light | 8 Aim for 7–8 hours of sleep | 9 Power down screens 30 minutes before bed | 10 Take a 5-minute relaxation break | 11 Limit added sugar today | 12 Cook or learn one plant-based recipe | 13 Try a new brain-friendly spice (turmeric, rosemary) |
| 14 Stay hydrated—drink 6–8 glasses of water | 15 Do a crossword, Sudoku, or word game | 16 Read for 15 minutes | 17 Learn a new word or phrase | 18 Practice a hobby or skill | 19 Memorize a short list, poem, or number | 20 Stretch before bed |
| 21 Play a game with someone | 22 Call or text a friend/family member | 23 Volunteer or do an act of kindness | 24 Have a meaningful conversation | 25 Wear a helmet or seat belt | 26 Check your blood pressure (or take meds as prescribed) | 27 Skip alcohol today |
| 28 Take one step toward quitting smoking | 29 Journal, pray, or practice mindfulness | 30 Schedule a routine health checkup | | | | |