Habits that Affect Brain Health Quiz

No matter what your age, you can take steps now that will improve the health of your brain. Take the self-graded quiz below, developed by Dr. Daniel Amen and found in his book, "Magnificent Mind at Any Age."

***Please rate each question on a scale of 0-4**:*
0 = Never
1 = Rarely
2 = Occasionally
3 = Frequently
4 = Very frequently
N/A = Not applicable

1. _____ My diet is poor and tends to be haphazard.
2. _____ I do not exercise.
3. _____ I put myself at risk for brain injuries by doing such things as not wearing my seatbelt, drinking and driving, engaging in high risk sports, and so on.
4. _____ I live under daily or chronic stress, in my home or work life.
5. _____ My thoughts tend to be negative, worried or angry.
6. _____ I have problems getting 6-7 hours of sleep at night.
7. _____ I smoke or am exposed to secondhand smoke.
8. _____ I drink or consume more than two normal-sized (8 ounce) coffee, tea, or dark sodas a day.
9. _____ I use aspartame and/or MSG.
10. _____ I am around environmental toxins, such as paint fumes, hair or nail salon fumes, or pesticides.
11. _____ I spend more than one hour a day watching TV.
12. _____ I spend more than one hour a day playing computer or video games.
13. _____ Outside of work time, I spend more than one hour a day on the computer.
14. _____ I have more than three normal-sized drinks of alcohol (8 ounces of beer or wine or one ounce of hard liquor) a week.

Rating Scale	
0-6	Great brain habits
7-12	Really good, work to be better
13-20	Fair, you are prematurely aging your brain
> 20	Poor, time to be very concerned