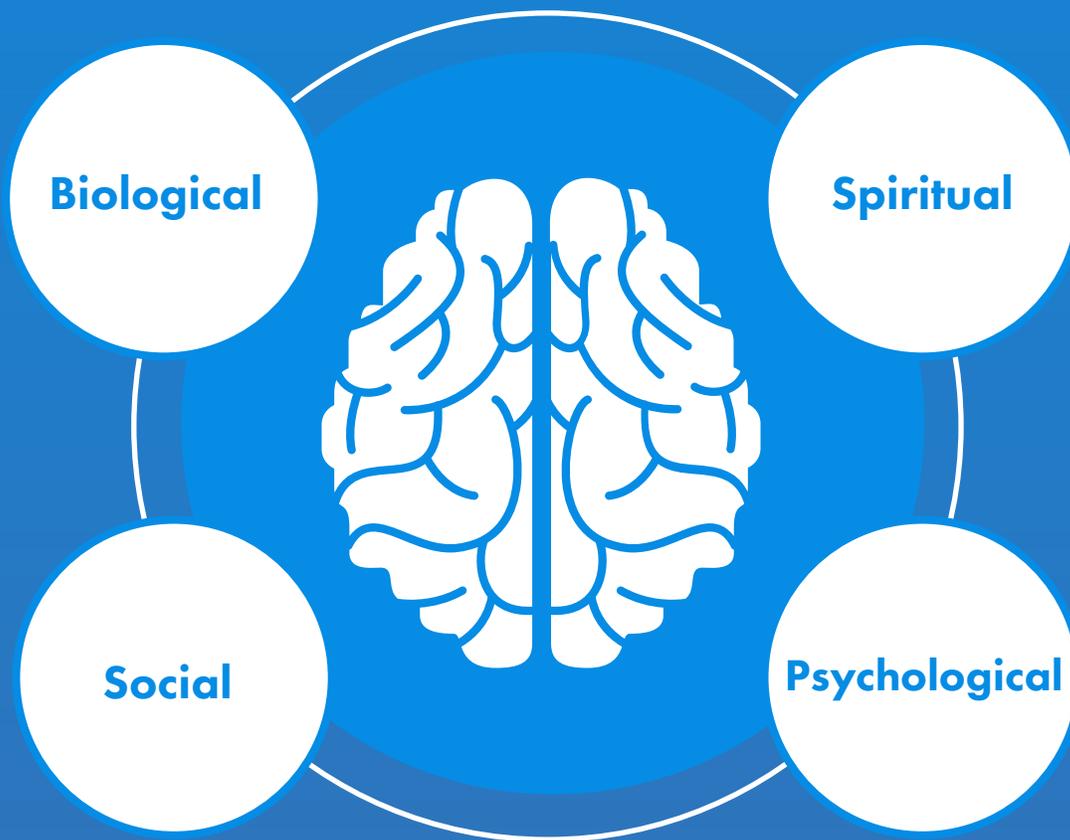


Dr. Amen's

BRAIN HEALTH

LICENSED TRAINER COURSE



Client Evaluation Packet

EVALUATION CHECKLIST

Know Your Motivation...

- One Page Miracle** - To help you stay focused, it is important to identify your goals. Fill out the One Page Miracle worksheet to help you understand what is important in key areas of your life and help you stay on track with your goals. Be sure you write down what you want, not what you don't want. Place your One Page Miracle somewhere that you will see it every day. Some people like to put it on the bathroom mirror, so it is the first thing they see in the morning.
- 5 Reasons Why** - Knowing your motivation is essential to wanting to do the right things for your brain. Identify 5 reasons why you want to get healthy. Pinpoint what is motivating you to get healthy. Is it because you want to set a good example for your children? Is it because you want to have more energy to put into building your business? Is it because you want to be a better leader? Once you write these down, post them where you can see them every day.
- My Anchor Images** - Create 5 anchor images. Did you know that 50% of the brain is dedicated to vision? Visual cues are powerful reminders of motivation. Pick 5 images you can use to remind yourself every day why you must get healthy. For example:
 - My wife, My children, My grandchildren, My parents, My dog
- Fork in the Road**- The Fork in the Road is one of our favorite motivational exercises. It gives you the opportunity to visualize how your life will be in the future, based on the choices you make today. You have the power to choose how your life will be, change in your thoughts and behavior begins at the Fork in the Road.
- Friends vs. Accomplices Inventory** – Do an inventory of friends vs. accomplices. Friends, mentors, and coaches are people who support positive behaviors. Accomplices are people who encourage or are complicit with a person's negative behaviors. Identify your 5 most powerful friends who will support your good habits and the 5 accomplices who make it more likely you will not succeed in changing your behavior. Spend more time with friends and less time with accomplices. Adding friends improves your chances for success up to 40%.

Know Your Challenges...

- My Barriers to Success** - Identify barriers to your success and understand the issues that are preventing you from making the changes you need to in order to achieve your goals. Some common barriers include:
 - Don't know motivation - if you don't know your "why" you are less likely to succeed.
 - Never say, "Then What?"- not thinking about the consequences of your actions.
 - Low blood sugar - skipping meals can lead to indecision and/or poor judgment.
 - Poor sleep - the brain undergoes important processes during sleep; do not skimp!
 - Alcohol - drinking lowers overall blood flow to the brain, which lowers function.
 - ANTs and "little lies" – don't believe every stupid thought that enters your head.
- My Vulnerable Times** - Identify vulnerable times and understand the times when you may be most likely to slip back into your old bad habits. Is it during the holidays or when things get stressful at work? If you know to anticipate potential setbacks, you can prepare for them and have a plan to overcome them.

Assess Your Brain Health...

- Know Your Brain - Brain Health Assessment** - For clients who cannot get a SPECT scan we use the Amen Clinics Brain Health Assessment. Your brain health controls your entire life and every decision that you make! Discovering your brain type and learning more about its health is the first step in helping your brain function at its best, which will improve everything in your life. Set aside a few minutes to complete the Brain Health Assessment to know your brain type and also get a sense of the overall health of your brain. Email the results to your Licensed Brain Trainer, and your trainer will make specific recommendations based upon your brain type & score. If you would like additional information about getting a SPECT scan talk to your Licensed Brain Trainer.
- Know the Brain Systems That Run Your Life - Brain Systems Assessment** - Know the Brain Systems that run your life. If we know which brain system or systems might be working too hard or not hard enough, then we can target treatment specifically to what your brain needs.
- Know Your BRIGHT MINDS Risk Factors - BRIGHT MINDS Risk Assessment** - This assessment helps identify risk factors so you can learn the best strategies to reduce those specific risks. Once your risks have been identified, your Licensed Brain Trainer will make specific recommendations to minimize those risk factors.
- Know Your Important Numbers** - Know your important health numbers. These are numbers that are critical to know and maintain on your journey to great health. When these numbers are out of whack, it can reduce brain function and prevent you from losing weight or feeling great. Optimizing these numbers can help you achieve your goals and help you maintain your energy, mood, memory and overall health. This evaluation includes important numbers everyone should know and optimize. If you don't have these numbers available, there is a **Suggested Lab Panel** you can take to your healthcare provider so you can have the necessary tests performed to obtain them.

If you do not have a healthcare professional, you can go to websites like www.saveonlabs.com and order them for yourself.

I AM COMMITTED TO LOVING MY BRAIN AND TREATING IT WITH RESPECT AND CARE.

SIGNATURE

DATE

ONE PAGE MIRACLE

WHAT DO I WANT? WHAT AM I DOING TO MAKE IT HAPPEN?

Tell your brain what you want, and your brain will help you match your behavior to get it!

Next to each subheading below, briefly write out what's important to you in that area; **write what you want**, not what you don't want. *Be positive* and use the first person. Write what you want with confidence and the expectation that you will make it happen.

After you complete this exercise, put it up where you can see and read it every day.

BIOLOGICAL

Brain health:

Physical health:

PSYCHOLOGICAL

Emotional health:

Thinking patterns:

SOCIAL

Spouse/Partner:

Children:

Extended family/friends:

Work/School:

Money:

SPIRITUAL

Spirituality:

Character:

Passions:

Community:

5 REASONS WHY

5 REASONS WHY I WANT TO GET HEALTHY...

Identify 5 reasons why you want to get healthy. Really pinpoint what is motivating you to get healthy!

1. _____

2. _____

3. _____

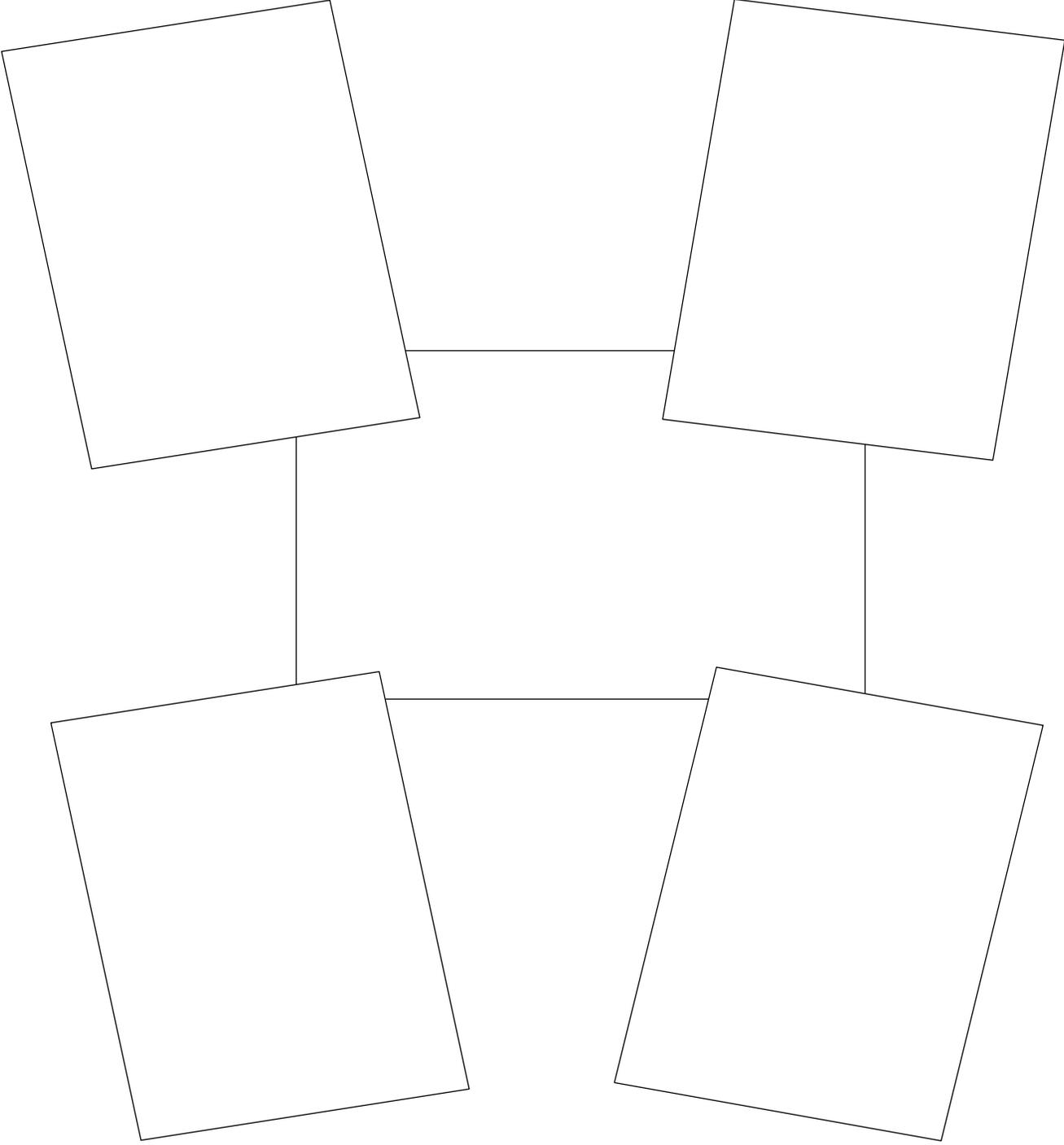
4. _____

5. _____

MY ANCHOR IMAGES

CREATE 5 ANCHOR IMAGES

Place 5 anchor images on this page that you can look at every day to remind yourself why you must get healthy!



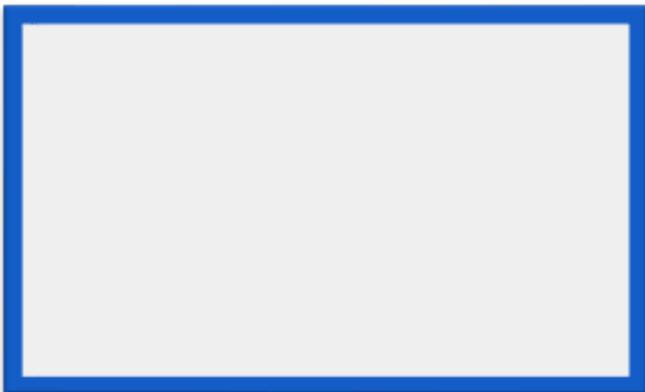
FORK IN THE ROAD

A FUTURE OF PAIN OR A FUTURE OF HEALTH?

The Fork in the Road is one of our favorite motivational exercises. It gives you the opportunity to visualize how your life will be in the future, based on the choices you make today.

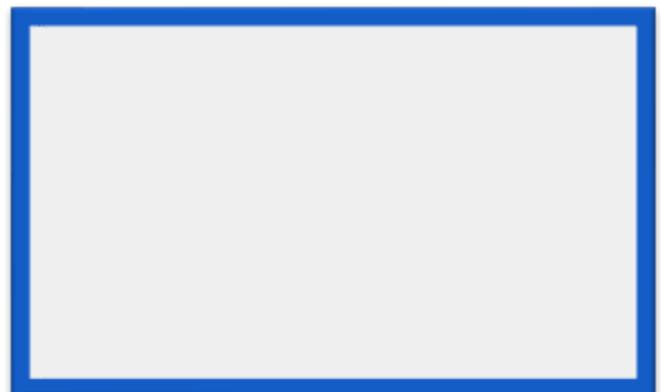
We want you to vividly imagine a fork in the road with two paths. By taking one path, envision a future of health that comes from taking care of your brain. Imagine what your life will be like in the coming days, months and years.

For the other path, imagine what your life will be like if you choose to continue with unhealthy habits and don't take care of your brain. If you take this path, what will a future with poor health be like?



IN THE FIRST BOX:

Imagine a future of pain. If you don't care about your brain and just keep doing what you've always done, what will your life be like in a year... in five years... in ten years? I want you to imagine your brain continuing to get old and all that goes with that... brain fog, tiredness, depression, memory loss, and physical illness.



IN THE SECOND BOX:

Imagine a future of health. If you care about your brain and do the exercises I recommend, what will your life be like in a few days, in a year... in five years... in ten years? I want you to imagine your brain getting healthier and younger and all that goes with that... mental clarity, better energy, a brighter mood, great memory, a trimmer, healthier body, healthier skin, and a younger brain.

FRIENDS vs ACCOMPLICES

DO AN INVENTORY OF FRIENDS vs ACCOMPLICES

Accomplices are people who encourage or are complicit with a person's negative behaviors. Friends, mentors, and coaches are people who support positive behaviors.

Identify your 5 most powerful friends who will support your good habits and the 5 accomplices who make it more likely you will not succeed in changing your behavior.

Spend more time with friends and less time with accomplices.

Friends who will help me get healthier...

1. _____
2. _____
3. _____
4. _____
5. _____

Accomplices who encourage bad habits...

1. _____
2. _____
3. _____
4. _____
5. _____

MY BARRIERS TO SUCCESS

WHAT ARE YOUR BARRIERS?

Identify barriers to your success and understand the issues that are preventing your from making the changes you need to in order to achieve your goals. Some common barriers include:

- *Don't know motivation - if you don't know your "why" you are less likely to succeed.*
- *Never say, "Then What?"- not thinking about the consequences of your actions.*
- *Low blood sugar - skipping meals can lead to indecision and/or poor judgment.*
- *Poor sleep - the brain undergoes important processes during sleep; do not skimp!*
- *Alcohol - drinking lowers overall blood flow to the brain, which lowers function.*
- *ANTs and "little lies" - believing every stupid thought that enters your head.*

1. _____
2. _____
3. _____
4. _____
5. _____

MY VULNERABLE TIMES

WHAT ARE YOUR VULNERABLE TIMES?

Identify vulnerable times and understand the times when you may be most likely to slip back into your old bad habits.

Is it during the holidays or when things get stressful at work?

If you know to anticipate potential setbacks, you can prepare for them and have a plan to overcome them.

1. _____
2. _____
3. _____
4. _____
5. _____

BRAIN HEALTH ASSESSMENTS

Brain Health Assessment - Your brain health controls your entire life and every decision that you make! Discovering your brain type and learning more about its health is the first step in helping your brain function at its best, which will improve everything in your life.

Set aside a few minutes to complete the Brain Health Assessment to know your brain type and also get a sense of the overall health of your brain. If you don't like the results of your brain type and health score, it's okay, and you aren't alone! You can change your brain by adopting healthier habits and we can help. Your Licensed Brain Trainer will provide you with the guidance, support, tools, and resources that you need to lift your brain health score and balance your brain – it's never too late!

Email the results to your Licensed Brain Trainer, and your trainer will make specific recommendations based upon your brain type & score.

Take the free Brain Health Assessment at [Brainhealthassessment.com](https://brainhealthassessment.com)



BRAIN SYSTEMS ASSESSMENT

Know the Brain Systems that run your life. If we know which brain system or systems might be working too hard or not hard enough, then we can target treatment specifically to what your brain needs.

PREFRONTAL CORTEX CHECKLIST

Here is the prefrontal cortex checklist. Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of prefrontal cortex problems.

0 = never 1 = rarely 2 = occasionally 3 = frequently 4 = very frequently

- 1. Inability to give close attention to details or avoid careless mistakes
- 2. Trouble sustaining attention in routine situations (homework, chores, paperwork, etc.)
- 3. Trouble listening
- 4. Inability to finish things, poor follow-through
- 5. Poor organization of time or space
- 6. Distractibility
- 7. Poor planning skills
- 8. Difficulty expressing feelings and emotions
- 9. Difficulty expressing empathy for others
- 10. Excessive daydreaming
- 11. Boredom
- 12. Conflict seeking
- 13. Difficulty awaiting turn
- 14. Impulsivity (saying or doing things without thinking first)
- 15. Frequent traffic violations

How many items did you mark with a 3 or 4? _____

ANTERIOR CINGULATE SYSTEM CHECKLIST

Here is the anterior cingulate system checklist. Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of AC problems.

0 = never 1 = rarely 2 = occasionally 3 = frequently 4 = very frequently

- 1. Excessive or senseless worrying
- 2. Being upset when things do not go your way
- 3. Being upset when things are out of place
- 4. Tendency to be oppositional or argumentative
- 5. Tendency to have repetitive negative thoughts
- 6. Tendency toward compulsive behaviors
- 7. Intense dislike of change
- 8. Tendency to hold grudges
- 9. Trouble shifting attention from subject to subject
- 10. Trouble shifting behavior from task to task
- 11. Difficulties seeing options in situations
- 12. Tendency to hold on to own opinion and not listen to others
- 13. Being very upset unless things are done a certain way
- 14. Perception by others that you worry too much
- 15. Tendency to say no without first thinking about question
- 16. Unhealthy perfectionism

How many items did you mark with a 3 or 4? _____

BASAL GANGLIA CHECKLIST

Here is a basal ganglia system checklist. Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of basal ganglia issues.

0 = never 1 = rarely 2 = occasionally 3 = frequently 4 = very frequently

- 1. Feelings of nervousness or anxiety
- 2. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- 3. Feeling keyed up or on edge
- 4. Quick to startle
- 5. Tendency to freeze in anxiety-provoking situations
- 6. Excessive fear of being judged or scrutinized by others
- 7. Conflict avoidance
- 8. Lacking confidence
- 9. Sensitive to criticism
- 10. Biting fingernails or picking at skin
- 11. Always watching for bad things to happen
- 12. Excessive motivation
- 13. Tics
- 14. Poor handwriting

How many items did you mark with a 3 or 4? _____

LIMBIC SYSTEM CHECKLIST

Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of limbic system issues.

0 = never 1 = rarely 2 = occasionally 3 = frequently 4 = very frequently

- 1. Feelings of sadness
- 2. Moodiness
- 3. Low energy
- 4. Excessive guilt
- 5. Crying spells
- 6. Lowered interest in things usually considered fun
- 7. Low self-esteem
- 8. Decreased Interest in sex
- 9. Negative sensitivity to smells/odors
- 10. Forgetfulness
- 11. Poor Concentration
- 12. Feelings often or easily hurt
- 13. Feeling overwhelmed by the tasks of daily living
- 14. Sensitive to criticism
- 15. Lacking confidence in own abilities

How many items did you mark with a 3 or 4? _____

BRIGHT MINDS

BRIGHT MINDS Risk Assessment - Circle the risks that apply to you. If you don't know if you have a risk factor, such as certain lab tests, leave it blank. When you get to the end of the assessment, add up your score. The number in parentheses is the relative increase in risk for brain problems or accelerated aging compared to those without that risk factor. Here's how it translates: 1.3 = 30% increased risk; 1.5 = 50% increased risk; 2 = double the risk, 3 = triple the risk, and so on.

Blood Flow Risk Factors

1. History of a stroke (5)
2. History of cardiovascular disease, including coronary artery disease, heart attacks, heart failure, heart arrhythmias (2)
3. Pre-hypertension or hypertension in midlife (2)
4. Limited exercise, less than twice a week (2)

Retirement/Aging

5. Age: 65 to 84 (2), 85 and older (38)
6. Watching too much television (more than two hours a day) (2)
7. In a job that does not require new learning or retired without new learning endeavors (2)
8. Loneliness or social isolation (2)

Inflammation

9. Periodontal (gum) disease (2)
10. Presence of inflammation in the body, such as high homocysteine or C-reactive protein (2)
11. Low omega-3 fatty acids (2)

Genetics and Family History

12. One family member with Alzheimer's or dementia (3.5); more than one family member with Alzheimer's or dementia (7.5)
13. One apolipoprotein E4 gene (2.5) or two E4 genes (10) (if known, based on genetic testing)

Head Trauma

14. A single head injury with loss of consciousness (2)
15. Several head injuries without a loss of consciousness (2)

16. Loss of one's sense of smell (2)

Toxic

17. Smoking cigarettes for 10 years or longer (currently or in past) (2.3)

18. Alcohol dependence or drug dependence (currently or in past) (4.4)

19. History of radiation for head and neck cancers (3), chemotherapy for breast cancer (1.5) or colorectal cancer (1.25)

20. Chronic exposure to heavy metals, such as lead, cadmium, mercury, arsenic or aluminum (1.5)

21. Chronic mold exposure (1.5)

22. Kidney dysfunction (2)

Mental Health Issues

23. PTSD (4), bipolar disorder (2), schizophrenia (2), depression (3.5) or chronic stress (2)

Immunity/Infection Issues

24. Autoimmune issues, such as multiple sclerosis (1.5), rheumatoid arthritis (3), systemic lupus erythematosus (2), Crohn's disease (1.5), severe psoriasis (3)

25. Adult asthma (1.3)

26. Chronic Lyme disease or other infectious diseases not fully treated (2)

Neurohormone Deficiencies

27. Low in thyroid, estrogen (in females), or testosterone (males and females) (2) for each one

28. Hysterectomy without estrogen replacement (2)

29. History of prostate cancer with testosterone-lowering treatment (2)

Diabetes

30. Pre-diabetes or diabetes (3)

31. Fasting blood sugar over 100mg/dl (2)

32. Being overweight or obese in middle age (3)

Sleep Issues

33. Chronic insomnia (2.3)

34. Sleep apnea (2)

TOTAL SCORE:

Add up the total number of risk factors you circled plus the total of all the numbers in parentheses (relative risk factors).

___ Number of BRIGHT MINDS risk factors circled

___ Relative risk factors (the total score from the parentheses)

___ Total Score

INTERPRETATION OF RELATIVE RISK FACTORS:

If the score is 0-6: You likely have a low risk of developing Alzheimer's disease (AD).

If the score is 7-14: You have a moderate risk; consider discussing with your healthcare professional.

If the score is greater than 14: You have a high risk; don't delay in seeing a healthcare professional right away.

EXAMPLE OF SCORING

Sherrie circled the following:

- * Pre-hypertension or hypertension in mid-life (2)
- * Low in thyroid, estrogen (in females), or testosterone (males and females) (2) for each one
- * Chronic insomnia (2.3)

 3 Number of BRIGHT MINDS risk factors circled

 6.3 Relative risk factors (the total score from the parentheses)

 9.3 Total Score

Sherrie's score is between 7-14, meaning she has a moderate risk of developing brain problems, memory loss, or dementia and she should consider discussing with her healthcare professional.

KNOW YOUR IMPORTANT HEALTH NUMBERS

These are numbers that are critical to know and maintain on your journey to great health. When these numbers are out of whack, it can reduce brain function and prevent you from losing weight or feeling great. Optimizing these numbers can help you achieve your goals and help you maintain your energy, mood, memory and overall health.

This evaluation includes important numbers everyone should know and optimize. If you don't have these numbers available, there is a Suggested Lab Panel you can take to your healthcare provider so you can have the necessary tests performed to obtain them.

If you do not have a healthcare professional, you can go to websites like www.saveonlabs.com and order them for yourself. If the numbers are out of range, your coach may give you some simple suggestions to consider. Of course, you should always talk to your healthcare professionals about any changes to your health regimen.

1. Body Mass Index (BMI)

The BMI tells you the health of your weight compared to your height. Your doctor can calculate it, or you can easily find a BMI calculator online.

Normal: 18.5 - 25

Overweight: 25 - 30

Obese: > 30

2. Waist-to-Height Ratio

This is another way to measure the health of your weight. Divide your waist size by your height in inches.

Note: You have to measure your waist size at your belly button! Do not guess or go by your pants size. Sizes can vary depending on the clothing manufacturer and many people have bellies that hang over their waistbands.

Women

Ratio < .35: underweight

Ratio .35 - .42: extremely slim

Ratio .42 - .49: healthy

Ratio .49 - .54: overweight

Ratio .54 - .58: seriously overweight

Ratio > .58: highly obese

Men

Ratio < .35: underweight

Ratio .35 - .43: extremely slim

Ratio .43 - .53: healthy

Ratio .53 - .58: overweight

Ratio .58 - .63: seriously overweight

Ratio > .63: highly obese

3. Blood Pressure

High blood pressure is associated with lower overall brain function.

Systolic (high number) _____

Diastolic (low number) _____

Check your blood pressure or have your doctor check it on a regular basis. If your blood pressure is high, make sure to take it seriously. Some behaviors that can help lower blood pressure include losing weight, daily exercise, fish oil and, if needed, medication.

Optimal: Systolic 90-120, Diastolic 60-80

Stage 1 Hypertension: Systolic 130-139, Diastolic 80-89

Stage 2 Hypertension: Systolic \geq 140, Diastolic \geq 90

Hypotension (too low can also be a problem): Systolic $<$ 90, Diastolic $<$ 60

4. Vitamin D Level

Low levels of vitamin D have been associated with obesity, depression, cognitive impairment, heart disease, and many other diseases. Have your physician check your 25-hydroxy vitamin D level, and if it is low get more sunshine and/or take a vitamin D supplement.

Low: $<$ 30 nanograms/deciliter

Optimal: between 50 - 100 ng/dl

5. Thyroid

Having low thyroid levels decreases overall brain activity, which can impair your thinking, judgment, and self-control, and make it very hard for you to lose weight.

_____ TSH (according to the American Association of Clinical Endocrinologists, anything over 3.0 is abnormal and needs further investigation)

_____ Free T3 (see the normal ranges for the individual laboratory you use)

_____ Free T4 (see the normal ranges for the individual laboratory you use)

There is no one perfect way, no one symptom or test result, that will properly diagnose low thyroid function or hypothyroidism. The key is to look at your symptoms and your blood tests, and then decide. Doctors typically diagnose thyroid problems by testing your TSH levels and sometimes your T3 and T4 levels.

6. C-Reactive Protein (CRP)

This measures the general level of inflammation but does not tell you where it is from.

Healthy range: 0.0 - 1.0 mg/dL

The most common reason for an elevated C-reactive protein is metabolic syndrome or insulin resistance. The second most common is some sort of reaction to food—either a sensitivity, a true allergy, or an autoimmune reaction as occurs with gluten. It can also indicate hidden infections.

7. Hemoglobin A1C (HbA1C)

This test shows your average blood sugar levels over the past 2-3 months and is used to diagnose diabetes and prediabetes.

Normal results for someone without diabetes: 4% - 5.6%

Optimal: < 5.3%

Pre-diabetes: 5.7% - 6.4%

8. Lipid Panel

Make sure your doctor checks your total cholesterol level as well as your HDL (good cholesterol), LDL (bad cholesterol), and triglycerides (a form of fat).

Normal levels are:

Total cholesterol: 135 - 200 mg/dL

*(Note: levels below 160 have been associated with depression, suicide, homicide, and death from all causes, so **160-200mg/dL is optimal**)*

HDL: \geq 60 mg/dL LDL: <100 mg/dL

Triglycerides: <100 mg/dl

If your lipids are off, make sure to get your diet under control, take a high-quality fish oil supplement, and exercise. Of course, you should see your healthcare provider. Also, knowing the particle size of LDL cholesterol is very important. Large particles are less toxic than smaller particle size.

9. Testosterone

Low levels of testosterone, for men or women, are associated with low energy, heart disease, obesity, depression and Alzheimer's disease.

Normal levels for adult males:

Testosterone Total Male (280-800 ng/dL)—Optimal is 500 - 800 ng/dL

Testosterone Free Male (7.2-24 pg/mL)—Optimal is 12 - 24 picogram(pg)/mL

Normal levels for adult females:

Testosterone Total Female (6-82 ng/dL)—Optimal is 40 - 82 ng/dL

Testosterone Free Female (0.0-2.2 pg/mL)—Optimal is 1.0 - 2.2 pg/mL

10. Ferritin

Ferritin is a measure of iron stores and increases with inflammation and insulin resistance.

Optimal levels: 30 - 100 ng/mL

Low levels are associated with anemia, restless leg syndrome, ADD, and low motivation and energy. Women often have lower iron stores than men because of menstruation. If your level is low, consider taking iron. If it is high, donating blood may help.

SUGGESTED LAB PANEL

Date: _____

Patient Name: _____

General:

- CBC- Complete Blood Count
- Comprehensive Metabolic Panel
- DHEA-S
- Ferritin
- Free T3
- Free T4
- Hemoglobin A1C
- Homocysteine
- Hs-C-Reactive Protein
- Insulin
- Lipid Panel
- Testosterone, Total & Free
- TSH-Thyroid Stimulating Hormone
- Vitamin B12
- Vitamin D, 25-OH

To prepare for the testing:

- Please fast for 12 hours prior to the blood draw, no food after 8:00 PM the night before. Drinking water is ok and encouraged.
- If you use natural thyroid or T3 only medication: Do not take thyroid medication for 24 hours prior to having your blood drawn.