**Nutrition and Exercise**

*Nutrition*

* Make sure each meal/snack has a healthy amount of protein
* Eat fewer processed foods
* Choose local
* Choose colorful
* Pay attention to patterns between food and focus/mood

Food Journal – track what you ate and how you felt after eating it (i.e., heavy, energized, etc.)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |

Exercise

Exercise for Focus – high-intensity workouts increase the flow of blood to the brain which helps with focus and helps to stabilize mood.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| I felt … |  |  |  |  |  |  |  |
| During my exercise, I was able to focus … |  |  |  |  |  |  |  |
| During the day, after my exercise, my focus was (better/worse)… |  |  |  |  |  |  |  |
| At night, after my exercise, my sleep was effected (+/-)… |  |  |  |  |  |  |  |

The pages below include ideas for types of workouts that you may find beneficial.

*The Scientific 7-Minute Workout*



(Video: <https://www.youtube.com/watch?v=Jru5B044HOs>)

*Tabata Training Intervals*



(Source: <https://www.columbusymca.com/post/no-equipment-full-body-tabata-workout>)

*HIIT Academy 18-Minute HIIT Workout*

(Source: <https://www.acetutors.com.sg/test/apacheasp/The-Science-Behind-HIIT-And-Variations-Of-It-Tabata>)