DEMENTIA ACTION PLAN
6 System Health Improvements

Interact Well Care
Memory Improvement Center

1. Write the System Health Improvement you want to work on in the blank below: Hormones; Immune System; Detoxifying; Mitochondria; Digestive System and Gut: Lungs, Heart, and Musculoskeletal System.
2. Write your 90-day goal, and the date and your first 7-day Step on the first line.
3. At the end of the seven days, write whatever victory you achieved related to the 7-Day Step.

System Health Improvement: Mitochondria

90-day goal: Eat antioxidant foods every day.

Date	7-Day Steps	7-Day Victories
01/01/0000	Eat berries, purple grapes, or nuts every day	Ate fruit and nuts every day except one
01/08/0000	Eat a small spinach salad 5 times a week, at lunch or at dinner. Continue 1st step	Ate spinach 3x, fruit 5 days and nuts every day (maybe too many—switch to unsalted)