

## Daily Diary Questionnaire

Domain	Questions
Physical Activity	Were you physically more active this week compared to last week?
	Select how many hours, on the average, you spent over this past week in strenuously exercising, with a good cardio workout.
	Select how many hours, on the average, you spent over this past week in moderate-level exercise that was not exhausting.
	Select how many hours, on the average, you spent over this past week in mild exercise that required minimal effort.
Diet	Have you made an effort to eat brain healthy foods this week?
	I seek out brain-healthy foods for almost every meal.
	I regularly take dietary supplements argued to support my brain health.
	I have been consciously monitoring and controlling my consumption of fat, processed sugar and starches.
Social Activity	Select how many hours, on the average, you spent PER DAY over this past week away from home in your community or elsewhere (shopping, volunteering, church meetings, concerts, etc.)
	Select how many hours, on the average, you spent PER DAY over this past week personally interacting with family, friends or neighbors, as a volunteer, in community groups, etc.
Feedback	My life is happy and fulfilling
	I think my memory is improving.
	I feel secure about sustaining my healthy independence.