



## BREDESEN PROTOCOL SELF-ASSESSMENT

### HOW TO USE THIS CHECKLIST

Be honest with your self-assessment. The Bredesen Protocol will not work for everyone. It is a waste of your valuable time and resources if you are not able to do the protocol as prescribed. If you have read Dr. Bredesen's book, you should know it is only a primer for the program; it isn't a manual nor does it describe the protocol fully, which is why you need a Bredesen Certified provider to guide you through the protocol.

### MY DECLINE TIMELINE

(Check Any That Apply)

#### LEVEL 1

- I am only *concerned* (concern for self, or have a family history) about cognitive decline

#### LEVEL 2

- I have noticed some slight symptoms, like more-than-usual forgetfulness or less effective functioning in life
- Others around me have noticed some decline in mental ability
- I have scored between 22 and 30 on the MoCA or MMSE within the last six months

#### LEVEL 3

- I am in the earliest stages of Alzheimer's, but not in mid or late Alzheimer's. I can still manage myself around the house (dressing, bathing, etc.).

### MY WILLINGNESS AND ABILITY

(All of These are Required)

- I am able to complete a computer assessment
- I am willing to take and implement expert nutritional advice from Merritt Wellness Center
- I am able to do the computer based brain exercises
- I am able to do physical exercise 5 days per week
- I am willing to make substantial dietary changes, including all of the recommended supplements
- I realize the Bredesen Protocol requires a significant financial commitment
- I have a spouse or someone who lives in my home with me who is willing help me, which includes being present for appointments

### MY OTHER CONDITIONS & MEDICATIONS

- I do not have any major health conditions which could keep me from making progress on the protocol (e.g. inability to exercise in some form, inability to sit at a computer)

### THE NEXT STEP

If you checked any of the boxes in the pink section, and all of the rest of the boxes, your next step is to download and take the MoCA test for our records. Then we'll administer a set of cognitive assessments and determine which level of support is right for you. Call us at (512) 495-9015 to schedule an appointment for an assessment.