



A cognitive wellbeing course

GOAL BOOKLET



National Institute for
Health Research

Contents

APPLE-Tree is a new intervention to improve health, wellbeing and memory.

The changes covered in this booklet have been shown to help improve people's health and may also help memory.

Every person will have different ideas about what changes will be most important to them.

The goals you set will depend on your health and circumstances.

This booklet will help you work towards the changes that YOU feel will make the biggest difference to you.

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Setting SMART Goals

Your facilitators will help you set goals that are SMART. By this, we mean...

- Specific** State what you'll actually do and plan it out
- Measurable** Find a way to evaluate changes and progress
- Achievable** It is something you can reasonably do
- Relevant** It is meaningful to you and related to your wellbeing
- Time bound** Give yourself a deadline

Eating

My Brain Healthy Diet Score at Session 1 was



Bronze Level

I will increase this by one point by making this change:

I will do this by (2 months from Session 1)

What might get in the way?

What can I do about that?

Could anyone help? Who?

Once you have achieved Bronze level, you can move onto Silver level on next page.

Eating

My Brain Healthy Diet Score at Session 1 was



Silver Level

I will increase this by one point by making this change:

I will do this by (4 months from Session 1)

What might get in the way?

What can I do about that?

Could anyone help? Who?

Once you have achieved Silver level, you can move onto Gold level on next page.

Eating

My Brain Healthy Diet Score at Session 1 was



Gold Level

I will increase this by one point by making this change:

I will do this by (Session 10)

What might get in the way?

What can I do about that?

Could anyone help? Who?

Physical Activity

Current level of physical activity

- Inactive Slightly active
 Moderately active Very active

I will become more active by:

- Reducing time spent sitting**

I will do this by

What might get in the way?

What can I do about that?

Could anyone help? Who?

Physical Activity

- Increasing my daily steps**

	Highest Daily Average	Notes
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		
Session 7		
Session 8		
Session 9		
Session 10		

What might get in the way?

What can I do about that?

Could anyone help? Who?

Physical Activity

Joining a class / activity (1)

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Physical Activity

Joining a class / activity (2)

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Joining a class / activity (3)

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Doing this more will bring me closer to the life I want to live (1)

When will I do it?

Where will I do it?

Who will I do it with?

What are the steps I need to take to make this possible?

Are there things I need to do less of?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Engaging with Life

Doing this more will bring me closer to the life I want to live (2)

When will I do it?

Where will I do it?

Who will I do it with?

What are the steps I need to take to make this possible?

Are there things I need to do less of?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Engaging with Life

Doing this more will bring me closer to the life I want to live (3)

When will I do it?

Where will I do it?

Who will I do it with?

What are the steps I need to take to make this possible?

Are there things I need to do less of?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Connecting with Others

In a typical week, I would like to connect with others times (1)

I will do this by

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Connecting with Others

In a typical week, I would like to connect with others times (2)

I will do this by

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

In a typical week, I would like to connect with others times (3)

I will do this by

Is there anything I need to do to make this easier?

What information might I need to get? Where from?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Controlling blood pressure is important for health and memory.

My blood pressure goal is:

To get my blood pressure checked

When will I do it?

Where will I do it?

To review my blood pressure medication with a GP / Pharmacist

When will I do it?

Where will I do it?

Health: Blood Pressure (BP)

To take my blood pressure medication regularly

I will do this by:

Are there any aids that might help?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Health: Diabetes

Controlling diabetes is important for health and memory.

My diabetes goal is:

To get my blood sugar levels checked / diabetes risk assessed

When will I do it?

Where will I do it?

To review my diabetes medication with a GP / Pharmacist

When will I do it?

Where will I do it?

To take my diabetes medication / check my blood sugars regularly

I will do this by:

Are there any aids that might help?

What might get in the way?

What can I do about that?

Could anyone help? Who?

Ensuring good hearing is important for memory and can make it easier to mix with others.

My hearing goal is:

To get my hearing checked

When will I do it?

Where will I do it?

To get my hearing aid checked

When will I do it?

Where will I do it?

To wear my hearing aid more often

I will do this by:

What might get in the way?

What can I do about that?

Could anyone help? Who?

I would like to work on:

Making sure I drink 6-8 glasses of fluid a day
(I now drink glasses a day)

I will do this by:

Drinking less sugary drinks (I now drink glasses a day)

Drinking less caffeine (I now drink cups a day)

I will do this by:

Swapping for

What might get in the way?

What can I do about that?

Could anyone help? Who?

Drinking: Cutting Down Alcohol

I would like to:

Reduce my weekly alcohol from units to units

by /____/____ (date)

and/or:

To increase my weekly alcohol free days from to

by /____/____ (date)

I will do this by:

What might get in the way?

What can I do about that?

Could anyone help? Who?

If things don't go as planned, I will:

- Be kind to myself
- Start again
- Come back next time and think about what I could try next

There is lots of support available to help people who want to drink less.

Smoking

I would like to cut down

I would like to stop smoking completely

I will get support from

My GP

My local pharmacy

'Stop Smoking London' accept self-referrals via <https://stopsmokinglondon.com> or on 0300 123 1044

When I will do this

What might get in the way?

What can I do about that?

Could anyone help? Who?

Wellbeing: Meditation

I would like to meditate times a week:

When will do it? Day(s) Time(s)

Where will I do it

What might get in the way?

What can I do about that?

Could anyone help? Who?

Sleep

This is what I would like to improve about my sleep

I will do this by

This is what I would like to change:

I will do this by

Take this quiz to find out how brain healthy your diet is now. Higher scores = healthier! Make a note of your score in the eating goal section of this book.

QUESTION		Circle green or red!	
1.	Do you use olive oil as a main household fat?	Yes	No
2.	How many tablespoons of olive oil do you consume per day (including oil used for frying, salads, out-of-house meals etc.)?	4 or more table-spoons	Less than 4 table-spoons
3.	How many vegetable servings do you consume per day?	2+ (1+ raw or as a salad)	1 or less
4.	How many fruit portions (including 100% fruit juices) do you consume per day?	3 or more	2 or fewer
5.	How many servings of red meat or meat products (e.g. pork, lamb, beef, hamburger, ham and sausage) do you consume per week?	Fewer than 7	7 or more
6.	How many servings of butter, margarine, or cream do you consume per week? (1 serving: 1 tbsp.)	Fewer than 7	7 or more
7.	How many glasses of sweet or carbonated beverages do you drink per week? (1 glass: 100 ml)	Fewer than 7	7 or more
8.	How many servings of legumes (e.g. peas, beans, lentils and chickpeas) do you consume per week?	3 or more	2 or fewer

Continued on next page

Appendix

QUESTION		Circle green or red!	
9.	How many servings of fish or shellfish do you consume per week?	3 or more	2 or fewer
10.	How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits, or custard?	Fewer than 3	3 or more
11.	How many servings of nuts and seeds (including peanuts) do you consume per week?	3 or more	2 or fewer
12.	Do you consume white meat (e.g. chicken or turkey) more than red or processed meat (e.g. beef, pork, lamb, hamburger or sausage)?	Yes	No
13.	How many times per week do you consume meals prepared with a tomato-based sauce, containing at least one of (onion/garlic/leeks) that has been cooked using olive oil?	2 or more	2 or fewer
14.	Do you drink at least 6-8 glasses of fluid a day (including water, low fat milk, sugar-free drinks, tea or coffee, excluding alcohol)?	Yes	No
15.	Do you take a daily supplement of vitamin D?	Yes	No
16.	Do you take a daily supplement of fish-oil?	Yes	No