UCLA Brain Boot Camp

Healthy Eating Plan
&
Face and Name Exercises

Erica Felsenthal, Ph.D.
Brain Boot Camp Homework

Day 1:

• Nutrition:
  o Breakfast:__________________________
  o Lunch:____________________________
  o Dinner:____________________________

• Try to remember these people’s names:

  JOANNA LEE  ASHLEY SUMMERCREST

REMEMBER THE THREE STEPS!
  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their names
Brain Boot Camp Homework

Day 2:

• Nutrition:
  o Breakfast:_______________________
  o Lunch:__________________________
  o Dinner:__________________________

• Try to remember these people’s names:

  BRIAN GREEN  GEORGE BLOOMSTEAD

REMEMBER THE THREE STEPS!
  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their name
Brain Boot Camp Homework

Day 3:

• Nutrition:
  o Breakfast:_______________________
  o Lunch:__________________________
  o Dinner:__________________________
• Try to remember these people’s names:
  DAVID CHANG      EMILY CARLTON

REMEMBER THE THREE STEPS!
  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their names
Brain Boot Camp Homework

Day 4:

• Nutrition:
  o Breakfast:_______________________
  o Lunch:__________________________
  o Dinner:__________________________

• Try to remember these people’s names:

  SARAH JOHNSON       KYLE TOMPSON

REMEMBER THE THREE STEPS!
  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their names
Brain Boot Camp Homework

Day 5:

• Nutrition:
  o Breakfast:_________________________
  o Lunch:___________________________
  o Dinner:___________________________

• Try to remember these people’s names:

  MARIA RODRIGUEZ
  TOM PARKER

REMEMBER THE THREE STEPS!

  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their names
Brain Boot Camp Homework

Day 6:

• Nutrition:
  o Breakfast:______________________________
  o Lunch:_______________________________
  o Dinner:_______________________________

• Try to remember these people’s names:

  SAMUEL FORD       CAMILLE MACK

REMEMBER THE THREE STEPS!
  1. What stands out?
  2. Transform their names
  3. Form a funny picture in your mind about their names
Brain Boot Camp Homework

Day 7:

- Nutrition:
  - Breakfast: _____________________________
  - Lunch: _______________________________
  - Dinner: _______________________________

- Try to remember these people’s names:

  Jenny Duffy  
  Danny Jones

REMEMBER THE THREE STEPS!
1. What stands out?
2. Transform their names
3. Form a funny picture in your mind about their names