



UCLA Brain Boot Camp

Healthy Eating Plan
&
Face and Name Exercises

Erica Felsenthal, Ph.D.

Brain Boot Camp Homework

Day 1:

- Nutrition:
 - Breakfast: _____
 - Lunch: _____
 - 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:**
 - **Breakfast:** _____
 - **Lunch:** _____
 - **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:**
 - **Breakfast:** _____
 - **Lunch:** _____
 - **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:**
 - **Breakfast:** _____
 - **Lunch:** _____
 - **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

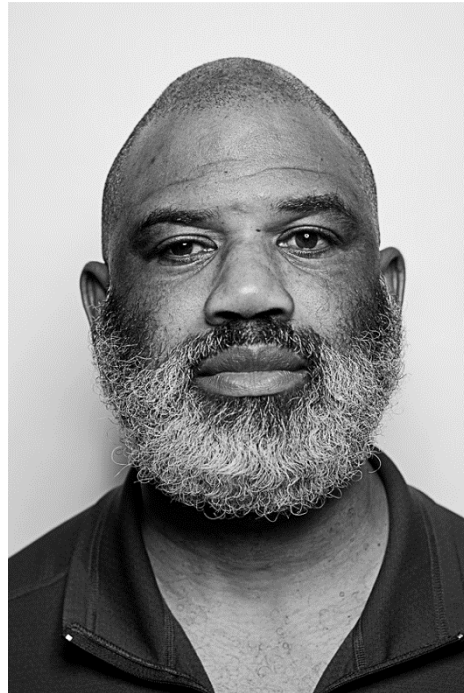
Brain Boot Camp Homework

Day 5:

- **Nutrition:**
 - **Breakfast:** _____
 - **Lunch:** _____
 - **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:**
 - **Breakfast:** _____
 - **Lunch:** _____
 - **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**