



## Dementia Risk Quiz Score Sheet

The SaveYour Brain Quiz is meant to be a learning tool to assist in making healthy lifestyle choices that will lower your risk of cognitive decline (such as when you have difficulty with memory), dementia, and Alzheimer’s disease.

Many of these healthy choices are known to also lower your risk of other diseases such as heart disease, type 2 diabetes, stroke, cancer, etc. Once you turn 65, your estimated lifetime risk for cognitive decline is approximately 23%, but even if you are not over 60, use of this tool can start healthy habits with a lifetime of results.

This quiz will help track how much dementia risk you have reduced during the KEYS program. To calculate how much you have reduced your risk of cognitive decline:

Circle the matching letter on the chart below.

1	a	b	c		21	a	b	c
2	a	b	c		22	a	b	c
3	a	b	c		23	a	b	c
4	a	b	c		24	a	b	c
5	a	b	c		25	a	b	c
6	a	b	c		26	a	b	c
7	a	b	c		27	a	b	c
8	a	b	c		28	a	b	c
9	a	b	c		29	a	b	c
10	a	b	c		30	a	b	c
11	a	b	c		31	a	b	c
12	a	b	c		32	a	b	c
13	a	b	c		33	a	b	c
14	a	b	c		34	a	b	c
15	a	b	c		35	a	b	c
16	a	b	c		36	a	b	c
17	a	b	c		37	a	b	c
18	a	b	c		38	a	b	c
19	a	b	c		39	a	b	c
20	a	b	c		40	a	b	c

## Save Your Brain Dementia Risk Quiz Results Sheet

### Class 1 Results:

- Count all A answers \_\_\_\_\_. Multiply by 0 = points
- Count all B answers \_\_\_\_\_. Multiply by 1 = points
- Count all C answers \_\_\_\_\_. Multiply by 2 = points

Add total points for your score: \_\_\_\_\_

And find your score below!

Healthy Life Habits Category	Your Score	Estimated Reduction of Risk of Dementia:
★ Maximal Healthy Life Habits	61-80	68%+
😊 A lot of Healthy Life Habits	49-60	51-67%
😐 Moderate Healthy Life Habits	37-48	39-50%
👍 Some Healthy Life Habits	25-36	27-38%
😞 Minimal Healthy Life Habits	13-24	8-26%
😓 No Healthy Life Habits	0-12	No reduction of risk

You will retake this quiz in Class 10 to see how much you have reduced your risk.

### Class 10 Results

- Count all A answers \_\_\_\_\_. Multiply by 0 = points
- Count all B answers \_\_\_\_\_. Multiply by 1 = points
- Count all C answers \_\_\_\_\_. Multiply by 2 = points

Add total points for your score: \_\_\_\_\_