



CHEMO BRAIN CLARITY KIT

A weekly plan for clearer thinking during and after treatment



Start small. This is a target to grow into, not a test to pass. Consistency matters more than perfection.

EVERY DAY	M	T	W	T	F	S	S
Move for 10-30 minutes	☐	☐	☐	☐	☐	☐	☐
Keep a consistent sleep window	☐	☐	☐	☐	☐	☐	☐
Drink water steadily through the day	☐	☐	☐	☐	☐	☐	☐
Eat vegetables, protein, and healthy fat	☐	☐	☐	☐	☐	☐	☐
Take 5 minutes for breathing or meditation	☐	☐	☐	☐	☐	☐	☐
Single-task; let your planner remember	☐	☐	☐	☐	☐	☐	☐
Choose no more than 3 priority tasks	☐	☐	☐	☐	☐	☐	☐

TWICE THIS WEEK

Strength session ☐ ☐

Oily fish at dinner ☐ ☐

ONCE THIS WEEK

Brain-stretch activity ☐

Restorative practice ☐

Review this week's pattern ☐

WEEKLY CHECK-IN

Compared with last week, my fog felt: ☐ Better ☐ About the same ☐ Worse

One pattern I noticed: sleep, infusion timing, activity, medication, or another trigger

MY 3 PRIORITIES FOR MY CLEAREST-ENERGY WINDOW

1. _____ 2. _____ 3. _____

YOUR MEMORY TRACKER

Use one row per day. Specific notes reveal patterns your care team can act on.

Examples: word-finding trouble, reading without retaining, infusion timing, steroid days, short sleep, or an unusually clear morning.

DATE	SYMPTOMS NOTICED	SLEEP HRS / QUALITY 1-5	ENERGY 1-5	MEDS / SUPPLEMENTS	ACTIVITY	STANDOUT MOMENTS

BRING THIS TO YOUR APPOINTMENT

Choose the questions that match the patterns you recorded.

- ☐ Can we check my CBC, B12, vitamin D, ferritin, and thyroid?
- ☐ Could any of my medications be adding to the fog?
- ☐ Should I be screened for sleep apnea?
- ☐ Can I get a referral for cognitive rehabilitation or neuropsychology?
- ☐ Is a naturopathic oncologist part of my care options?

Need a personalized plan? Schedule a virtual consult with Dr. Suzanne McMurry, ND, FABNO.