



PROTECTING BRAINS - ONE ATHLETE AT A TIME

KONKUSSION LOG - Concussion Protocol

Day	1	2	3	4	5	6	7	8	9	10
Morning										
*Fish Oil, *Vitamin B1, *Vitamin D3, Dark Berries										
AM Meditation										
AM Walk/ Gentle Cardio										
Afternoon										
*Fish Oil										
Afternoon Rest										
PM Walk / Gentle Cardio										
**Lumosity										
**Progressive Cardio										
**Light Music / TED Talks										
Evening										
Fish Oil, Vitamin B1, Vitamin D3, Dark Berries										
PM Meditation										
Limit Social Media, Cell Phone, TV, Etc.										

* Supplements can be taken all at once, or throughout the day

** Indicates optional activities