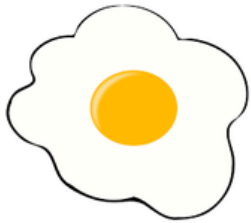


# THE PLAYBOOK TO SCORING BIG DURING FINALS



EGGS



WALNUTS



FLAXSEED



**BRAIN  
FOODS**



DRIED FRUIT



BERRIES



SALMON

Getting enough sleep is crucial for your brain to function and retain information!

**Ideal nap time: 30 min.**

Even though it's crunch time, make time to exercise daily.

Exercise increases blood flow to the brain and helps you focus!

While coffee is normally a part of our study habits, make sure that....

1. You know your limits
2. Match the same oz. of coffee with water



**PERFORMANCE  
NUTRITION**