

BrainHQ Training Guideline for COA Members

The optimal training schedule for BrainHQ can be adapted to suit your needs but we generally recommend **1 hour** per day (with a 10 minute break) **5 days** per week. At a minimum, in order to ensure you gain the benefits, you need to train **3 days per week for 30 minutes at a time**.

The following schedule outlines 8 weeks of “work-outs” for your brain, beginning with the *Tune Up My PERCEPTION* course followed by the *regular BrainHQ activities*. This 8-week course is scheduled for **3 days** of training **per week** for **1 hour each day** (including a 10-minute break).

Note: The course outlined below is a recommendation and you have the flexibility of choosing your own training regimen.

Enjoy participating in the brain fitness revolution!

Week	Training Day	Work-Out
1	1	Tune Up My PERCEPTION -1
	2	Tune Up My PERCEPTION -2
	3	Tune Up My PERCEPTION -3
2	4	Tune Up My PERCEPTION -4
	5	Tune Up My PERCEPTION -5
	6	Tune Up My PERCEPTION -6
3	7	Tune Up My PERCEPTION -7

Week	Training Day	Work-Out
	8	Tune Up My PERCEPTION -8
	9	Tune Up My PERCEPTION -9
4	10	Tune Up My PERCEPTION -10
	11	Tune Up My PERCEPTION -11
	12	Tune Up My PERCEPTION -12
5	13	Tune Up My PERCEPTION -13
5	14	Exercises from the 'Focus my Attention ' category NOTE: The <i>Divided Attention</i> , <i>Mixed Signals</i> and <i>Freeze Frame</i> exercises require use of the keyboard rather than the mouse. If you find any of the above exercises difficult, train using the other exercises from the Attention category.
	15	Exercises from the 'Focus my Attention ' category (See Note above)
6	16	Exercises from the 'Focus my Attention ' category (See Note above)
	17	Exercises from the 'Improve my Memory ' category
	18	Exercises from the 'Improve my Memory ' category
7	19	Exercises from the 'Improve my Memory ' category
	20	Exercises from the 'Enhance my People Skills ' category
	21	Exercises from the 'Enhance my People Skills ' category
8	22	Improvement on lowest scores of the Tune Up My PERCEPTION Course
	23	Improvement on lowest scores of the Tune Up My PERCEPTION Course
	24	Improvement on lowest scores of the Tune Up My PERCEPTION Course