

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.

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

Enjoy participating in the brain fitness revolution!

WEEK	EXERCISES	TRAINING TIME
1	<p style="text-align: center;">Exercises from the ‘focus my Attention’ category</p> <p>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.</p>	30 minutes – 1 hour / day
2	<p>Exercises from the ‘increase my Brain Speed’ category</p>	30 minutes – 1 hour / day
3	<p>Exercises from the ‘improve my Memory’ category</p>	30 minutes – 1 hour / day
4	<p>Exercises from the ‘enhance my People Skills’ category</p>	30 minutes – 1 hour / day
5	<p>Exercises from the ‘focus my Attention’ category See Week 1 NOTE above</p>	30 minutes – 1 hour / day
6	<p>Exercises from the ‘increase my Brain Speed’ category</p>	30 minutes – 1 hour / day
7	<p>Exercises from the ‘improve my Memory’ category</p>	30 minutes – 1 hour / day
8	<p style="text-align: center;">Exercises from the ‘sharpen my Intelligence’ category</p> <p>NOTE: The <i>Card Shark</i> and <i>Auditory Ace</i> exercises require use of the keyboard rather than the mouse. If you find any of the above exercises difficult, train using the other exercise(s) from the Intelligence category.</p>	30 minutes – 1 hour / day