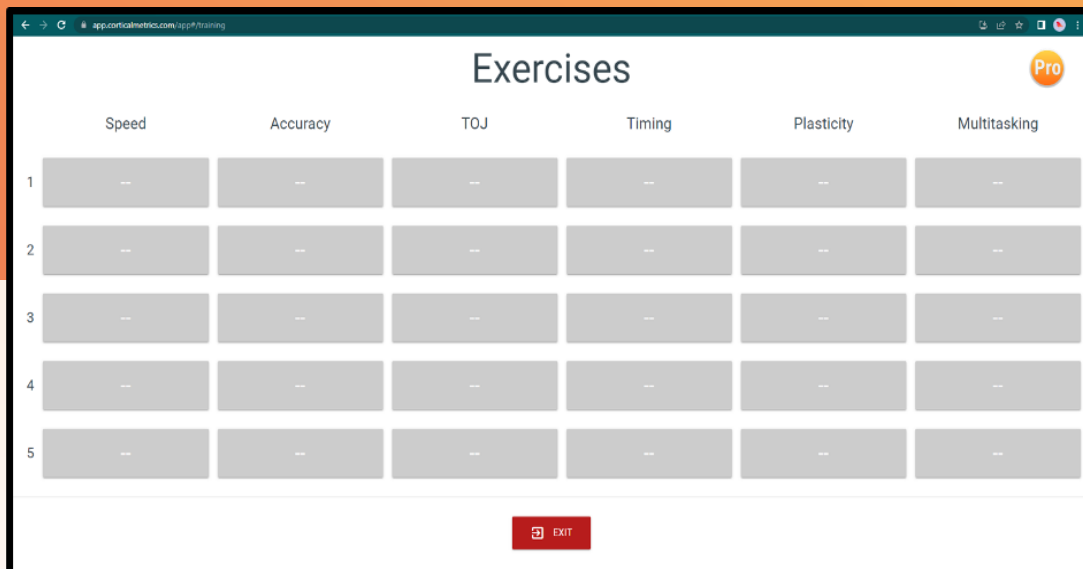



# The Brain Gauge Exercise Platform


The Brain Gauge exercise platform is easy to use and was designed to emulate an exercise room. In other words, there are different exercises and several levels. The first time you access the exercise platform your screen will look like this:




*Note that Level 1 is the easiest level and Level 5 is the most difficult. Level 1 is the only level with full instructions.*



To start an exercise, use your mouse or trackpad to select one of the gray boxes. Follow the on-screen instructions for that exercise, there will be 5 trials for each box.



After five trials, the exercise platform will return and you will have a score on the box. If you performed at the selected level for all trials, you will get a 100% score and the box will be green.



If your score is less than 80%, then your score box will remain gray with your score.

## Scorecard Goal

Your goal is to eventually be able to score 100% on all box scores. 100% at Level 5 is approximately equivalent to the level that is needed to score 100% on the Brain Gauge assessment. Note that the assessment is much more rigorous than the exercises – the purpose of the exercises is to strengthen the connectivity and cognitive reserve needed to do those exercises.



Find out more at: [corticalmetrics.com/brainauge](http://corticalmetrics.com/brainauge)

# Frequently Asked Questions

## Which exercises should I spend the most time on?

The best place to start is with a full assessment. Scores that are below the 80 to 100% range are indicative of the ones that need the most improvement. For example, from the scores at left, it is clear that Speed and TOJ are the two exercises that should be focused on.

## What Level should I train at?

First, find the Level that you fail to get 80% success at. Start at Level 1 and continue down the column until you are not successful. Train at the Level below your failure level. When you start a training session, you can go directly to that Level (similar to selecting a weight level on a weight machine – you train at the level below where the level you cannot lift).

## How often should I train?

Brain fitness parallels physical fitness. Training 10-20 minutes a day 2-3 times a week is optimal for most individuals.

## Can scores be significantly improved with one day of training?

No – again, brain fitness parallels physical fitness! Strive for long term improvements similar to what you would get if you were training for a marathon.

## Each exercise is 5 trials. Should I just do each set once a day?

While there are many strategies that you could deploy for training, start with 3-5 repeats at the level for each of the exercises that you want to improve on. Make sure and “rest” for 10 to 20 seconds between sets of 5 trials. If you are doing more than one exercise, consider alternating between the different exercises (i.e., “cross-train” by repeating a series of different exercises).

## If I scored well on the Brain Gauge assessment, would training still help me get better?

Absolutely! We have seen improvements at all levels, and if your goal is to improve or maintain your performance – even if you are at an elite level – then training will help.

## Cross-training with the Brain Gauge

While each of the exercises target specific mechanisms of brain function, there is cross-over between the exercises and the mechanisms that they engage. If you are targeting improvement in specific scores, you should note that multiple exercises will help improve each of those scores. Below is a list of exercises that are designed to train for improvement in each score (listed in order of most impactful first).

**Speed:** Speed, Multi-tasking, Plasticity

**Accuracy:** Accuracy, Plasticity, Multi-tasking

**TOJ:** TOJ, Speed, Plasticity

**Timing Perception:** Timing, Speed, Multi-tasking

**Focus:** Multi-tasking, Speed, Plasticity

**Fatigue:** Target exercises with weakest scores first & extend training sessions to 15-20 minutes per day.

*Note that in some cases – such as during concussion recovery – individuals should shorten training sessions if it leads to symptomatic discomfort (e.g., headaches)*