

Details of online cognitive training schedule

Training 1	Training 2	Training 3	Training 4	Training 5
Complete 7 exercises <ul style="list-style-type: none"> • Sound Sweeps • Hawk Eye • Double Decision • Divided Attention • Visual Sweeps • Fine Tuning • Freeze Frame 	Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker • Hawk Eye • Freeze Frame • Double Decision • Mixed Signals • Visual Sweeps • Divided Attention 	Complete 7 exercises <ul style="list-style-type: none"> • Divided Attention • Hawk Eye • Sound Sweep • Visual Sweeps • Double Decision • Target Tracker • Mixed Signals 	Complete 7 exercises <ul style="list-style-type: none"> • Visual Sweeps • Sound Sweeps • Target Tracker • Divided Attention • Mixed Signals • Fine Tuning • Double Decision 	Complete 7 exercises <ul style="list-style-type: none"> • Freeze Frame • Visual Sweeps • Sound Sweeps • Double Decision • Divided Attention • Mixed Signals • Hawk Eye
Training 6	Training 7	Training 8	Training 9	Training 10
Complete 7 exercises <ul style="list-style-type: none"> • Hawk Eye • Sound Sweeps • Freeze Frame • Divided Attention • Visual Sweeps • Target Tracker • Fine Tuning 	Complete 7 exercises <ul style="list-style-type: none"> • Divided Attention • Sound Sweeps • Visual Sweeps • Hawk Eye • Fine Tuning • Double Decision • Freeze Frame 	Complete 7 exercises <ul style="list-style-type: none"> • Mixed Signals • Target Tracker • Double Decision • Freeze Frame • Divided Attention • Visual Sweeps • Sound Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker • Fine Tuning • Visual Sweeps • Divided Attention • Mixed Signals • Sound Sweeps • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Divided Attention • Freeze Frame • Mixed Signals • Double Decision • Fine Tuning • Target Tracker • Visual Sweeps
Training 11	Training 12	Training 13	Training 14	Training 15
Complete 7 exercises <ul style="list-style-type: none"> • Mixed Signals • Fine Tuning • Freeze Frame • Hawk Eye • Divided Attention 	Complete 7 exercises <ul style="list-style-type: none"> • Visual Sweeps • Sound Sweeps • Divided Attention • Target Tracker 	Complete 7 exercises <ul style="list-style-type: none"> • Freeze Frame • Mixed Signals • Visual Sweeps • Fine Tuning 	Complete 7 exercises <ul style="list-style-type: none"> • Double Decision • Mixed Signals • Target Tracker • Fine Tuning 	Complete 7 exercises <ul style="list-style-type: none"> • Double Decision • Sound Sweeps • Hawk Eye

<ul style="list-style-type: none"> • Visual Sweeps • Sound Sweeps 	<ul style="list-style-type: none"> • Fine Tuning • Freeze Frame • Double Decision 	<ul style="list-style-type: none"> • Double Decision • Target Tracker • Sound Sweeps 	<ul style="list-style-type: none"> • Divided Attention • Freeze Frame • Hawk Eye 	<ul style="list-style-type: none"> • Divided Attention • Mixed Signals • Target Tracker • Fine Tuning
Training 16	Training 17	Training 18	Training 19	Training 20
Complete 7 exercises <ul style="list-style-type: none"> • Visual Sweeps • Fine Tuning • Double Decision • Freeze Frame • Hawk Eye • Target Tracker • Sound Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • Mixed Signals • Freeze Frame • Fine Tuning • Divided Attention • Sound Sweeps • Double Decision • Target Tracker • 	Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker • Fine Tuning • Divided Attention • Freeze Frame • Double Decision • Sound Sweeps • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Mixed Signals • Double Decision • Sound Sweeps • Hawk Eye • Fine Tuning • Freeze Frame • Divided Attention 	Complete 7 exercises <ul style="list-style-type: none"> • Freeze Frame • Hawk Eye • Mixed Signals • Sound Sweeps • Target Tracker • Double Decision • Visual Sweeps •
Training 21	Training 22	Training 23	Training 24	Training 25
Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker • Visual Sweeps • Double Decision • Fine Tuning • Divided Attention • Mixed Signals • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Double Decision • Visual Sweeps • Fine Tuning • Divided Attention • Target Tracker • Freeze Frame • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Double Decision • Mixed Signals • Visual Sweeps • Divided Attention • Freeze Frame • Sound Sweeps • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Mixed Signals • Freeze Frame • Fine Tuning • Target Tracker • Visual Sweeps • Sound Sweeps • Hawk Eye 	Complete 7 exercises <ul style="list-style-type: none"> • Sound Sweeps • Hawk Eye • Double Decision • Mixed Signals • Freeze Frame • Fine Tuning • Target Tracker
Training 26	Training 27	Training 28	Training 29	Training 30
Complete 7 exercises <ul style="list-style-type: none"> • Hawk Eye • Visual Sweeps • Sound Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker • Visual Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • Target Tracker 	Complete 7 exercises <ul style="list-style-type: none"> • Mind Bender • Scene Crasher • Freeze Frame 	Complete 7 exercises <ul style="list-style-type: none"> • Sound Sweeps

<ul style="list-style-type: none"> • Target Tracker • Mixed Signals • Double Decision • Freeze Frame 	<ul style="list-style-type: none"> • Fine Tuning • Mixed Signals • Freeze Frame • Double Decision • Sound Sweeps 	<ul style="list-style-type: none"> • Double Decision • Card Shark • Sound Sweeps • Freeze Frame • Rhythm Recall • To-Do List Training 	<ul style="list-style-type: none"> • To-Do List Training • Rhythm Recall • Target Tracker • Visual Sweeps 	<ul style="list-style-type: none"> • Double Decision • Auditory Ace • Rhythm Recall • Visual Sweeps • Mind Bender • Juggle Factor
Training 31	Training 32	Training 33	Training 34	Training 35
Complete 7 exercises <ul style="list-style-type: none"> • Sound Sweeps • Scene Crasher • Card Shark • Mind Bender • To-Do List Training • Memory Grid • Juggle Factor 	Complete 7 exercises <ul style="list-style-type: none"> • Mind Blender • Target Tracker • Freeze Frame • Sound Sweeps • Visual Sweeps • Scene Crasher • Rhythm Recall 	Complete 7 exercises <ul style="list-style-type: none"> • Auditory Ace • Rhythm Recall • Mind Bender • Scene Crasher • Card Shark • Sound Sweeps • Target Tracker 	Complete 7 exercises <ul style="list-style-type: none"> • Double Decision • Memory Grid • To-Do List Training • Scene Crasher • Card Shark • Auditory Ace • Mind Bender 	Complete 7 exercises <ul style="list-style-type: none"> • Scene crasher • Rhythm Recall • Memory Grid • Sound Sweeps • Double Decision • Mind Bender • Visual Sweeps
Training 36	Training 37	Training 38	Training 39	Training 40
Complete 7 exercises <ul style="list-style-type: none"> • Scene Crasher • Auditory Ace • Rhythm Recall • Juggle Factor • Mind Bender • Card Shark • Sound Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • To-Do List Training • Scene Crasher • Juggle Factor • Target Tracker • Double Decision • Mind Bender • Sound Sweeps 	Complete 7 exercises <ul style="list-style-type: none"> • To-Do List Training • Double Decision • Mind Bender • Card Shark • Scene Crasher • Memory Grid • Juggle Factor 	Complete 7 exercises <ul style="list-style-type: none"> • Scene Crasher • Memory Grid • Mind Bender • Auditory Ace • Juggle Factor • Double Decision • Rhythm Recall 	Complete 7 exercises <ul style="list-style-type: none"> • Auditory Ace • Juggle Factor • To-Do List Training • Target Tracker • Mind Bender • Card Shark • Double Decision
Training 41	Training 42	Training 43	Training 44	Training 45
Complete 7 exercises	Complete 7 exercises	Complete 7 exercises	Complete 7 exercises	Complete 7 exercises

<ul style="list-style-type: none"> • Card Shark • To-Do List Training • Rhythm Recall • Double Decision • Juggle Factor • Mind Bender • Auditory Ace 	<ul style="list-style-type: none"> • Double Decision • Rhythm Recall • Memory Grid • Juggle Factor • Card Shark • Target Tracker • Auditory Ace 	<ul style="list-style-type: none"> • Rhythm Recall • Double Decision • To-Do List Training • Target Tracker • Card Shark • Mind Bender • Memory Grid 	<ul style="list-style-type: none"> • Rhythm Recall • Target Tracker • Memory Grid • To-Do List Training • Double Decision • Auditory Ace Card Shark 	<ul style="list-style-type: none"> • Juggle Factor • Double Decision • Mind Bender • Rhythm Recall • To-Do List Training • Memory Grid • Card Shark
Training 46	Training 47	Training 48	Training 49	Training 50
<p>Complete 7 exercises</p> <ul style="list-style-type: none"> • To-Do List Training • Memory Grid I • Memory Grid II • Double Decision I • Double Decision II • Memory Grid III • Rhythm Recall 	<p>Complete 7 exercises</p> <ul style="list-style-type: none"> • Memory Grid I • Rhythm Recall I • Memory Grid II • To-Do list Training I • To-Do List Training II • Double Decision • Rhythm Recall II 	<p>Complete 7 exercises</p> <ul style="list-style-type: none"> • Memory Grid I • Memory Grid II • To-Do List Training • Double Decision • Rhythm Recall I • Auditory Ace • Rhythm Recall II 	<p>Complete 7 exercises</p> <ul style="list-style-type: none"> • To-Do List Training I • Card Shark I • Card Shark II • To-Do List Training II • Memory Grid • Rhythm Recall I • Rhythm Recall II 	<ul style="list-style-type: none"> • Complete 7 exercises • Memory Grid I • Card Shark • Memory Grid II • Memory Grid III • To-Do List Training I • To-Do List Training II • To-Do List Training III