Activity	Music Genres best Suited	Research Link
Physical Activity	Any music basically, positive music, danceability should be high, rhythm must be optimized with the speed	https://www.tandfonline.com/doi/abs/10.1080/00140130600899104 https://patents.google.com/patent/US7683252B2/en https://www.researchgate.net/profile/Mark_Anshel2/publication/22417586_Effect_of_music_and_rhythm_on_physical_performance/links/5845c2cd08ae8e63e6286855.pdf
Mental Gym	Mozart	
Memorization	Classical, Mozart, positive, pleasurable	https://scholar.utc.edu/cgi/viewcontent.cgi?article=1214&context=mps
Concentration	Music should not be complex or serve as distraction, music without lyrics, light classical music, low intensity music	https://www.gwern.net/docs/music-distraction/1945-henderson.pdf https://files.eric.ed.gov/fulltext/EJ882124.pdf
Stress	Null effect, preferred music can be played	https://digitalcommons.augustana.edu/cgi/viewcontent.cgi?referer=https://www.google.co.in/&httpsredir=1&article=1003&context=muscstudent
Learning	Song with lyrics are potentially more distracting than instrumental melodies and music with other modes or tempos could possibly evoke obstructive emotions for learning.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5671572/
Problem Solving	Preferred music, pleasurable to listener	https://www.ncbi.nlm.nih.gov/pubmed/21141770
Reading	Mozart, should not be complex	https://digitalcommons.brockport.edu/cgi/viewcontent.cgi?article=1110&context=ehd_theses https://www.gwern.net/docs/music-distraction/1945-henderson.pdf
Creativity	happy music	https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0182210