

Home recording sheet

Remembering block patterns

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for remembering block patterns are achieved

Goal 1	Correctly recall 1 change in a block pattern exposed for 2 seconds, at least 4 times out of 5	
Goal 2	Correctly recall 1 change in a block pattern while your pattern is covered as the altered pattern is exposed, at least 4 times out of 5	
Goal 3	Correctly recall 2 changes in a block pattern while your pattern is covered as the altered pattern is exposed, at least 4 times out of 5	
Goal 4	Correctly recall the block pattern when flashed, at least 4 times out of 5	
Goal 5 Age >7yrs	Correctly recall patterns of 3 blocks flashed at 0.5 sec, at least 4 times out of 5	