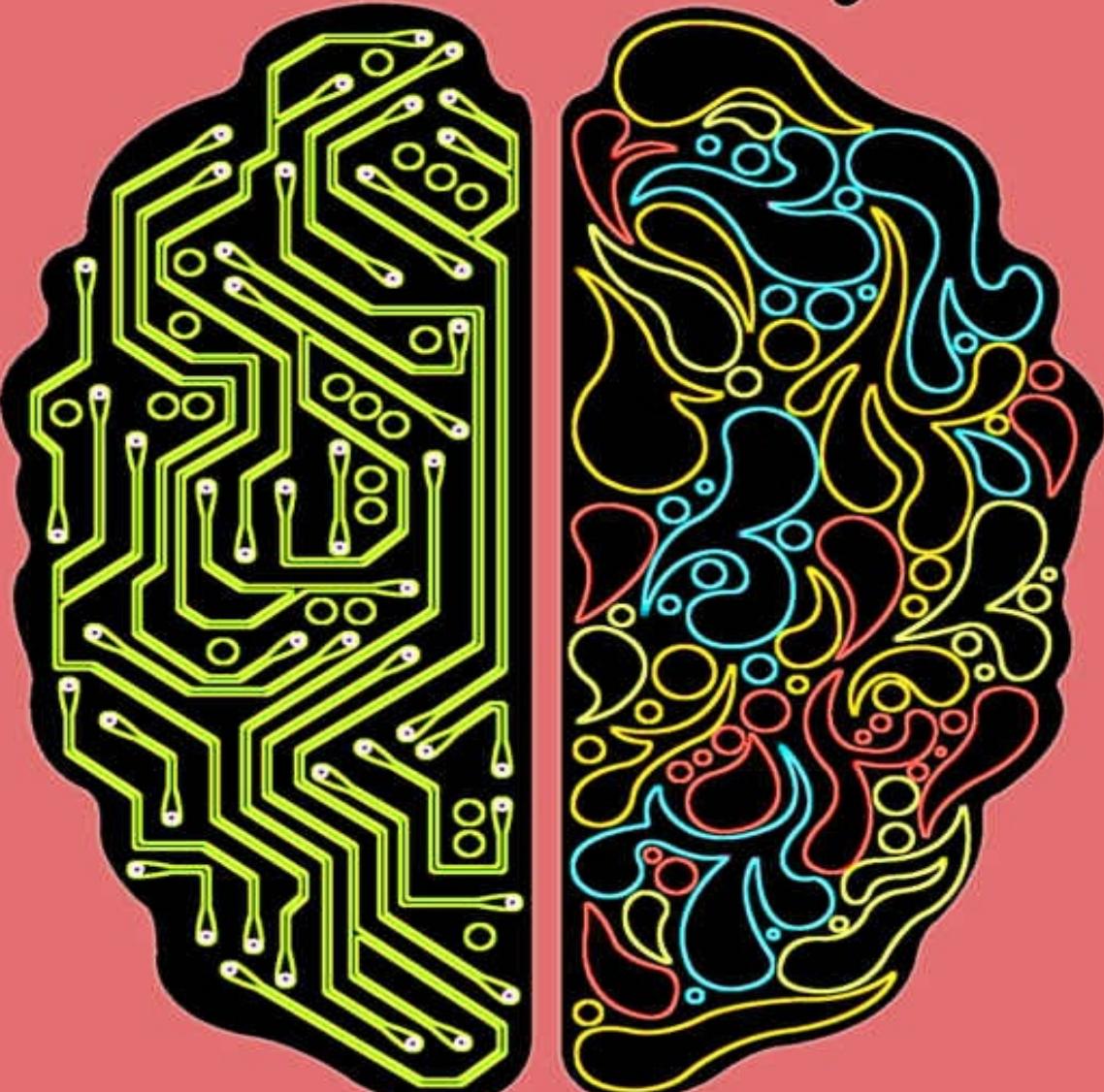


# LEARNING

How to Learn Faster,  
Become a Genius and  
Remember Anything



Alex Right

# **LEARNING**

***How to Learn Faster, Become a Genius  
And Remember Anything***

By Alex Right

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***Your brain starts the work on the implementation of any life goals and desires - to improve your health, get rid of bad habits, to develop relationships with people, to make a successful business, to bring well-being, love, happiness and prosperity to life!!!***

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# **Introduction.**

This book is required, without exception, by everyone who cares about their health and the productivity of the brain. Students need to develop the ability to handle vast amounts of information quickly, and easily move from the development of new subjects to their practical application, to develop knowledge of the most easy and effective way to achieve "excellent" in all their exams, to discover and nurture new talent.

This book will help engineers and office workers to develop the ability to communicate with different people on any topic, gain self-confidence and determination to make important decisions, to achieve outstanding success in their work

It will present information to entrepreneurs attracted by the ability to effectively manage their business, quickly and efficiently solve any problems, achieve success in any financial enterprises and to calculate any situation several moves ahead.

The book will be indispensable for the pensioners who want to improve their health and discover the joy of a long happy life, to maintain an excellent intellectual and physical form throughout their life.

*As scientists have already long known, the activity of the brain - is the key to success and prosperity in any case, any activity, and any situations. This is the key to solving problems!*

***This is not fiction. This is reality!***

With 5-10 minutes of exercise a day, you will develop truly phenomenal abilities that are inherent in every human being. Moreover, by having the right tools, you get the opportunity to train at any time and in any place convenient for you.

Do not doubt that very soon you will witness a rapid positive change in your life, career and family relationships. This acquired knowledge will make your brain super-productive and help you better manage your life and will ensure the preservation of a clear mind and health for many years.

***Be among the lucky and successful people!***

# **Chapter 1 – Our brain! Secrets of the main “CPU”.**

Researchers have long known this about the human brain: this priceless organ most actively develops in the first years of life.

From birth to one year, baby learns and processes the amount of information that is never dreamed of by an adult. Stormy brain activity continues through to the ages of three to seven years, we still maintain a high enough potential, but after that - the rate of development of our mental abilities are reduced considerably.

Neuroscientists have come to this sad conclusion: from 20 years of age the human brain goes into a stage of aging. How can you stop the process?

The answer lies on the surface - just as we delay the aging process of the body. This requires regular exercise. This allows us to maintain muscle tone, mobility and joint flexibility, responsiveness and endurance for many years. By forcing your body to work, we constantly keep it in good shape! The point here is not about sports records - moderation and regularity are the two ingredients for success!

Similarly, to preserve the activity of the brain requires regular exercise. After all, it is subject to the same laws of nature as all other organs and systems of man.

***It is with regular exercise that "the mind" can keep the brain in good shape, active and in working condition! And if you are young and healthy in our brains, then the whole body is healthy and young.***

After a series of studies of the human brain, neuroscientists have uncovered shocking information: most of us, throughout our life, do not use a tenth of the brain's resources. People live, eat, sleep, communicate, do their job, while only 10% of their brain cells are functional and active!

But it's not all that bad. It is proven that the people, who are able to put into operation at least 10-15% of your gray matter, significantly stand out from the rest. It is their mind and intelligence that enable them to become leaders, and high reaction speed and enterprise ensure success in any business! With their abilities to engage in constructive dialogue and the ability to anticipate all scenarios they rapidly march up the corporate ladder, moving forward in science and make important discoveries. These people **are** successful! And all this is

thanks to the active work of the brain. An actively working brain gives a person a better chance of a long, active life.

***The discoveries of scientists confirm: the constant work of the brain stimulates the activity of all organs and systems of the body, is an important condition for a full life and good health.***

Constant mental work is the key to a long and active life. This is a serious argument for us to start exercising to wake your brain reserve without delay. Striking changes and the results are not long in coming, if you dedicate 5 to 10 minutes a day to the execution of simple tasks. It seems unbelievable: in the times when we decide to solve mathematical questions, memorize words or find the figures on a small plate, the brain gets a lot of pulses, there is a real transformation!

In the course of exploring the unique training methods for the brain, researchers from different countries, almost simultaneously, found that the positive changes affect not only the intellectual activity of people who worked with brain exercises. Changes were observed in all.

So, positive changes were seen in a person's character - to have more discretion, a penchant for deep analysis, irritability and nervousness disappeared. They became more positive in communication with others, increased the ability to cooperate, even in people who previously could not work as a team.

But these positive developments are not limited. The vast majority of people involved in the part of the technique, which involves solving mathematical questions, over time, found a different feeling of music. They began to perceive music in a deeper more meaningful way. And some of them have themselves successfully learned to play musical instruments.

What is the secret of such a powerful impact of simple exercises on brain structure?

The answer to this question is provided by science: encouraging certain areas of the brain into activity, we encourage increased blood flow to the entire body. In other words, this daily "charge" provides delivery to the brain, of a large amount of nutrients and oxygen. And this is exactly what it needs to maintain "good shape"! Most scientists working in the field of medicine, claim that "the will of" the brain can significantly **improve immunity and strengthen the body in the fight against diseases**. Even those that have traditionally been considered incurable. The fact is that in the central and peripheral nervous systems are constantly collecting and processing information on the state of every cell in the human body. All these processes are carried out in the brain and

the nervous system with the help of neurons - specialized cell conductors of information in the form of electrical signals. It is obvious that the better the state of these cells, the faster the exchange of information between the brain and all the organs and systems of the body.

It is clear that age-related changes that affect brain cells, in particular neuronal cell death, significantly reduce the rate of the brain's response to information about the general state of the organism. These adverse processes are exacerbated by stress, psycho-emotional stress, smoking, lack of exercise and poor diet. All these factors lead to oxygen starvation of the brain and nerve cell death at a tremendous speed.

What can we do?

**We have to save our main health management "Staff" - the brain!**

Working on specially designed exercises where you learn, stimulates the brain, it helps supply the brain cells with oxygen and, therefore, the preservation of health.

## **Answers to the questions related to the use of the brain exercises**

*What is it that I will do when using these universal techniques?*

Using the exercises of the Patrick Kelly techniques and Schulte tables you get to play an active job with the huge potential of the brain that is usually, in the normal state, not activated. This way you can improve attention and memory, develop your skills, increase IQ, as well as to achieve a significant improvement in your physical health.

*Are there any restrictions on sex, age, type of activity for the application of this technique?*

Absolutely no restrictions exist! Kelly's techniques and brain exercises with Schulte tables are available to everyone. Performing these exercises can be men and women, children and the elderly, doctors, managers, military officers, teachers - people of all professions.

*Perhaps such an effective technique requires long and painstaking daily work?*

Working with brain exercises will take a minimum amount of your time. Only 5-10 minutes a day gives great results.

*Do I need to work with the special equipment for this training?*

Working with these unique methods is very simple - you do not need wires, batteries or power sources. All that you need for an effective exercise, you will find in this book.

*Do I need to make special preparations for the revitalization of the brain during the training?*

Drops and pills are not necessary. You yourself are able to awaken dormant cells of your brain.

*Will I have to master the special techniques of breathing when working with trainers? Will you need to learn meditation, do some exercises?*

No, no special exercise and diving into the subconscious is not required. For qualitative development of techniques you need only three skills: reading, writing and arithmetic. Of course, you already have them.

*Do these techniques anything to do with coding?*

Absolutely nothing! In the process of working with exercises, outside influence on your brain does not occur. You just get hold of alternative ways of processing and storing information, methodically performing the recommended exercises every day. Because of this, every day more and more parts of the cortex of your brain will be included in the active job.

*Does the active use of exercises for the brain cause harm to my health?*

The method does not include anything complex, controversial, and even potentially dangerous. This natural method of training the brain shows absolutely everything and gives guaranteed results! And your health, as a result of the regular performance of all described in the book of exercises, can only improve.

*Will I not feel stress or fatigue after such training?*

The brain exercises offered in the book are so simple that they cannot cause fatigue - in fact, the performance of these tasks practically requires no effort. The only cause of stress can be a wrong posture in the classroom. All you need is one: sit back and place a book in a position comfortable for your eyes, and the problem is solved!

*How long will I have to wait for the effects of exercise?*

Waiting is almost not necessary. These exercises are, not without reason, called super-efficient: even with a few minutes of training you will feel that your brain awakens, and you deal with all tasks much more quickly.

## **Chapter 2 - Kelly's methodology of activation genius zones of your brain.**

The aim of the research of Dr. Kelly was to identify ways to effectively influence those areas of the cortex, which provide higher nervous system activity. Observations of the operation of various areas of the brain showed that the biophysical activity of these cortical areas may be the same for each person when performing various operations, for example, counting dollar bills or simply from one to ten. Regarding the actions of the corresponding area of the brain demonstrates identical activity - devices capture the almost complete coincidence of the work areas of the brain.

In view of these data, Dr. Kelly began working on the creation of **both simple, versatile and safe methods** of influence on the brain. Scientists are working with people of different ages and backgrounds, using a variety of options for jobs, scrupulously fixing the results by using very sensitive equipment. The work lasted for several years.

Studies have confirmed his assumption that training with the help of simple exercises, constantly activating areas of the brain, allows for such activity areas of the cerebral cortex that people can easily cope with more complex tasks. That has been found as a way of acupressure on specific areas of the brain to significantly improve their performance.

**For example, if that area of the cortex, which is engaged in solving mathematical problems with prime numbers, as well as abstract problems during training will periodically work on simple arithmetic operations, then it increases the capacity of the brain when aimed at solving more complex abstract problems.**

This system can rightly be called a health-preventive, as it allows the speed of mental reactions to significantly increase, improves memory and gives the ability to develop logical thinking. To do this, you do not need special physical, time or material costs.

Among the positive results of the work with the exercises are, improvement in work and study, the increase in memory capacity and speed of mental reactions were observed. A series of experiments confirmed: exercises, selected by Dr. Kelly, for a long period, is the beginning of the desired changes in the

human body not only to the **emotional and intellectual**, but also on a physiological level.

Most of the participants of the experiment on the development of the Kelly exercises pointed out in addition to progress in intellectual activity, the effects of improvement: the normalization of weight, reducing the symptoms of psychosomatic diseases (such as asthma, allergies, and stuttering), reduced alcohol and nicotine dependence... It is important to note that during the experiment, the researchers carefully monitored to ensure that none of the participants did not use any special treatment tools.

Supporting the activity of certain areas in the cortex of their brain, each person can at, any age, keep fit and healthy, as well as find it easy to cope with the tasks of high complexity. Patrick Kelly was able to create a set of exercises that can be considered the perfect stimulant of the brain.

*The unique brain trainer Kelly, rightfully called it the method of the new generation. It allows you to spend a minimum of effort to awaken your brain and set it up on a wave of constant activity.*

## **Description of the basic compound exercises**

Kelly training is suitable for daily activities for any person. Those jobs that are offered in it for the regular training of the brain consist of a simple example, and will not cause difficulties for the person who knows how to read, write and count. It is based on the following principle.

### **Minimum effort - maximum results!**

#### **Frequency of classes**

It is a prerequisite for brain training that the procedure consists of daily activities. In addition to expanding capacity and potential of the brain, it allows you to keep it constantly "alert". Ideally, it is best to allocate the same time during each day.

#### **Different speed - different results**

The brain works differently when solving simple examples of slow and fast pace. If during the execution of mathematical calculations one was to carry out a tomography scan of his brain, we can see that the higher the speed at which the brain works, the more the area of the activated areas.

So, at a leisurely pace, simple calculations in the works include some important parts of the work, but it is necessary to increase speed - Almost half of the brain is involved.

### **The structure of the Patrick Kelly brain exercises includes the following:**

- examples of the simplest mathematical operations;
- consecutive counting awakens speech activity;
- remembering unconnected activity within the meaning of simple words;
- simultaneous visual word recognition and comprehension of values, which activate different areas of the cortex in both hemispheres of the brain.

The basic set of exercises is specifically designed for those people who want to simultaneously develop their intellectual capacity and significantly increase their vitality. All proposed assignments are so simple and practical that they are ideal for beginners and those who have already started on this amazing technique.

It includes tasks of the following types.

### *Quick Counting out loud from 1 to 120*

In this case, you have to recite every word loud and clear. If you are confused in the process of counting, then call the correct number and continue to be considered further. While this exercise is very effective for training the frontal lobe of the cerebral cortex, it is necessary to remember that the speed is very important here!

### *2. Exercises on memorizing words*

You are offered a set of 30 simple words, not logically related to each other. Within 2 minutes, you should read them and try to memorize the maximum amount. To check the record from memory on the sheet. At the same time it does not matter in what order you write these words. Then count the number of words correctly recorded and record this number in the appropriate box.

### *3. Examples of mathematical calculations*

You are invited to solve a number of examples of the simplest arithmetic operations. Begin to perform the task at a pace that is comfortable for you, and gradually increase the speed to the maximum possible. In this case, it is important not so much the correctness of the results, as the speed of the thinking process.

### *4. Assignments Stroop Test*

This original test was developed in 1935 by American John Ridley Stroop. He offered the job, which is based on the difference in logical and visual perception of colors. Psychologists have quickly appreciated the uniqueness of the test and began to actively use it in their practice. The structure of the Stroop test is original and at the same time very simple: you are encouraged to read the words, the names of the primary colors, typed letters in different colors. In this, the meaning of the word can match the color of the font, or may be different from it. So, seeing the word "blue", typed letters in red, you have to read the word "blue" to yourself, and say the name of the color "red" out loud.

The fact is that our brain perceives the text and color in different ways, cycling through the different areas of the cerebral hemispheres, and such work with the Stroop-test becomes a great training for their integrated development.

#### ***Important:***

***Do not try to create a similar exercise on your own, coming up with simple examples or words to remember. The opinion of the incoherence of all tasks is***

*a mistake-each of them is made according to the particular system and carries a certain meaning. All these schemes are designed in complex experiments, and should not be changed arbitrarily.*

## **The sequence of assignments**

To achieve optimal results, you should perform the tasks as follows.

1. The first preliminary assessment of efficiency of the brain and record results.

Then proceed to the next exercise.

2. Perform tasks in cycles of weeks:

5 days - Monday to Friday - every day to solve mathematical examples,

The 6th day - Saturday - exercise to memorize words and a quick score,

The 7th day - Sunday - follow the Stroop test.

Activities that you perform on Saturday and Sunday are chosen in a special way, on the one hand, to put into operation certain parts of the cerebral cortex, and on the other - to get an objective assessment of the progress which has occurred during the previous week.

3. At the end of the course evaluate the results. To do this, use your records of the table to take account of the results, the most important indicators of exercises are in the math. We should not compare their results with someone else. Everyone - individuality, and your success allows you to best develop your ability.

It is also important to pay attention to the time it took to perform daily tasks (mathematical account) for at least the last three days.

If you can produce mathematical calculations

- In 1 minute or less - you are brilliant! We hope that, thanks to this book, you've finally seen how.
- 1,5 minutes - your IQ is higher than most people, but there is always room for growth, isn't there?
- 2 minutes - a great result, but we need a little more practice.

The whole course of exercises is designed for 70 days or, respectively, for 10 weeks. Specifying you can make or before the first day of the course, or on the first day.

**To ensure that the results do not disappoint you, do not forget to:**

- do all tasks on a daily basis in the sequence which is recommended in

the book;

- observe the time of the day - get enough sleep and alternate periods of mental work with physical activity;
- eat healthy and balanced meals. Your brain and your body should be getting everything you need to complete the work.

***Regular practice is very important as is the order of the exercises - it was designed based on the results of extensive research!***

A great option is if you can set aside time to do these during the morning, with a fresh mind. Try to maintain them in one and the same time - in this case, they will soon become a habit, like sleeping and washing.

After you perform all the tasks of the course, take a break for two weeks and go to the next chapter of the book - an exercise based on the Schulte tables. In the future, you can alternate between training exercises, taking breaks of between 1-3 weeks. This will help you to constantly maintain not only your brain, but also keep the whole body in good shape.

## **Chapter 3 - Smart Brain Exercise based on the Schulte tables.**

This exercise perfectly complements the first method. And the effectiveness of their use is proven, both individually and sequentially.

**This intelligent trainer will change your view of all similar techniques as specific activation of attention allows you to master the ability to increase the rate of your intelligence, and in seconds, to extract all the information from the depths of memory, quickly and accurately making decisions.**

With it, you can "pump up" parameters of the attention that is needed above all as key components of intellectual abilities. They run certain processes in the brain, so that the ratio of human intelligence is greatly increased.

Warning - the ability of consciousness to organize the information that comes from outside and distribute it on the basis of importance and significance, depending on the tasks that a person puts in front of him at the moment.

**Getting the ability to control their attention, man becomes the master of his mind, he can move to things that are important and meaningful to him, or pass unnecessary things.**

Living in today's world, every day presents us with new challenges. Naturally, we want to solve them all with the maximum benefit for ourselves. How well we can implement it depends on several factors, primarily on **intelligence, memory and attention**. The significance of memory is known to all. Without it, as they say, even to leave the house is not necessary. But it is important to understand that focus is precisely the powerful coordinator of memory and, therefore, the cornerstone of success. Agree, that to successfully address a specific problem in any field (from the exam or the final game of chess - up to negotiations for the sale of the plant for hundreds of millions of dollars) we have, at a given point in time, to choose the important details from the vast amount of information, focus on them, keep them in mind, and to isolate all extraneous stimuli. Only then our brains will work accurately and clearly, and as soon as possible to find the right solution.

***The speed of thought processes and, ultimately, their performance is directly dependent on the parameters of attention!***

We know about the lucky ones who, from birth, have the ability to hold in mind a million facts, not to be distracted during important negotiations, the focus at any one time and manage his brain, causing him to work "at full speed",

whenever it is needed... These people are a bit like a rule - they are in first place in the list of the richest people on the planet. What about the rest? Those who do not want to accept the fact that success in any field - is only for a chosen few?

An intelligence exercise developed by scientists, based on the Schulte tables allows anyone to get the process of attention control. With this method, each of us can learn in the required time and in the right situation bring their intellect to super operating condition and instantly get the desired result!

There are many techniques that train the mind to develop different properties (size, concentration, distribution, etc). It is not that they are ineffective; many of them allow you to train a variety of properties of attention that will certainly come in handy in life.

However, none of these techniques gave tools to the right time "to include" the consideration to instantly reveal their own intellectual potential, activate the memory and repeatedly reinforce the ability to quickly and correctly make a decision. The intelligence exercise based on the Schulte tables suggests a whole new approach to the development and training of these qualities.

When we talk about the effectiveness of attention, we mean the intensity and concentration, volume and switching speed and stability. All of these characteristics exist in close connection with each other, therefore, by increasing one of them, we are working on the process of attention in general.

**Typically, attention is described by the following characteristics.**

**The intensity of the attention** - the ability of a person to keep the attention on one or other object for a long time.

**The amount of attention** - the number of objects that people can simultaneously cover with sufficient clarity.

**The focus** - deliberate release of a specific object and the direction of attention to it.

**The distribution of attention** - a person's ability to perform multiple activities simultaneously.

**The switching of attention** - the ability to quickly take attention "off" of some units and include in the new matching the changed conditions.

**The stability of the attention** - the length of time during which a person can keep their attention on the subject.

**The distractibility of attention** - involuntary movement of focus from one object to another.

**Doing intellectual exercises with Schulte tables contributes to mastering skills and quickly connecting attention. The training will help you in the**

**first place, to significantly increase the speed of attention switching and volume - the number of objects that a person can store in short-term memory.**

**As a result, you can:**

- at any time, in seconds multiply intellectual capacity, bringing the hidden reserves of the brain;
- activate the memory and to extract from it all the necessary information;
- quick selection of a million possible only the solution that brings success!

**Super trainer "Device"**

An intelligence exercise based on the Schulte tables presented sets of tables for different types of workouts. "Methods of numbers search technique" (or "Schulte Tables") was originally developed as a psychodiagnostic method for studying the properties of attention.

Sami table is a matrix consisting of 25 cells (5 vertical and 5 horizontal). In every cell in random order is inscribed a number from 1 to 25. Before the trainees is the task - as soon as possible to find the numbers or direct sequence of 1 to 25, or in reverse - from 25 to 1.

This procedure is used by practical psychologists in their research.

But not so long ago, scientists observed that a simple «solve» table has a powerful positive effect on the development of attention, intelligence and memory.

First, while working with Schulte tables develops volume (parallel rather than sequential) account when the characters in the field of view are perceived simultaneously and sequentially converted. This discovery became widely used in teaching speed reading and expanding the field of view.

Secondly, it was noted that the state of a man working with Schulte tables, similar to meditation. And in such a state as possible revealed all our inner potential, including the intelligence and memory.

**The secret of the striking results**

The mechanism of action of intelligence exercises based on the Schulte tables on the brain can be compared with nanotechnology. You influence the finest processes in your brain, including the work of those reserves, which most people do not use in everyday life.

According to the most recent scientific research, in order to use our brains a hundred percent for the solution of the problem and to achieve the maximum

success in resolving any issue, you need to:

1. **Increase the blood flow in certain areas of the brain (frontal lobes).** This ensures maximum availability of all intellectual processes that occur in the cerebral cortex during the decision-making process.
2. **Mobilize memory so that all information related to the issue being addressed, came out of the long-term memory store in the operational memory.** That is literally waking associative links that are relevant to the issue. This will avoid wasting precious seconds to recall, as all the necessary information to "lie on the method".
3. **Right to focus on the task at hand.** One task requires concentration, to literally see or hear nothing but that; another - switching attention; third - simultaneous access to multiple information fields.

### **Superefficient for 5 minutes a day**

An intelligence exercise based on the Schulte tables is not just exercise for keeping your brain in good shape. This - "mandatory program" for those who want to achieve maximum results in any case.

**Just five minutes working with tables for five to ten days - and your intellectual capacity is increased many times over due to activation of the latent reserves of the brain and your memory offers all the information you need in seconds.**

Do the exercises whenever you need to focus and limit the concentration on the task when you need to wake up your brain and prepare it to perceive important information, to pull out of his mind important information before you are going to start to learn new skills, and so on.

An intelligence exercise based on the Schulte tables can become your "magic wand" literally in every situation.

For example, before an important meeting, interview, exam date, driver's license test, competition, carrying out any physical or mental exercises - in any situation where you need to limit the concentration and the inside of your mind determines your achievements, you do not need to panic or to resort to using affirmations, telling yourself that you will succeed (although this is also a good idea). You will take out this book, work on an intelligence exercise for 5-7 minutes and having become confident and prepared, make a productive step towards your career, health and success.

The work on this technique creates a particular pattern of brain activity that increases the effect of any intellectual and volitional effort many times, which

you will take with you later. Thousands of people have been tested: the effect of the use of this technique comes instantly!

**Features of the exercise are not yet fully understood, but it is now clear that humanity has in its hands, an amazing tool.**

### **How to work with an intelligence exercise?**

Try to perform the training at about one and the same time - such regularity promotes greater efficiency. When and at what time you are going to do will depend on your personal preference.

Before you start training sit so that you feel comfortable. Keep the book in front of you at a distance, so that the eyes are not strained. Perform the following steps.

1. Determine the mood (for details see below).
2. Turn on the stopwatch.
3. Get to work on the first table.
4. Once you have found the number 25, turn off the stopwatch and record the results in the graph below the table 1. It is necessary to record your first result. In the future, you can record your results on any piece of paper, to compare with the original.
5. Go to the following table.
6. Once you have passed the 4 tables, take a break for 10-20 minutes. Then do the remaining tables in the same manner.

To consolidate the results you can perform training with the same series of tables again that day.

#### *The method works with a Schulte table*

So, before you is the table of a number of cells in which are the randomly arranged numbers from 1 to 25.

Your job is to, locking eyes in the middle of the table, with your peripheral vision to find all the numbers in ascending order (descending). What do you need?

1. Place the table at a comfortable distance from your eyes as if reading a book - 30-35 cm.
2. Fix your gaze on the central square. Imagine that in the very middle is the point. It is on this point you should fix your eyes.
3. Then, still looking at the middle of the table, try to see figure 1. It is - to "see" and not "look." Your job now is not making eye movements to detect the

cell in which the unit is.

4. Once you see the number 1, just slowly and carefully keeping your sight in the central point, locate number 2. Proceed until you reach 25. After finding the next number you do not need to call it either out loud or to yourself just fix on it and move on to the presence of the following one.

***Important:***

***Do not rush - the rate for you is not important now. The first day of work with the table can take several minutes. But do not let that bother you - a few days of training, and you will significantly improve your score!***

***If you cannot keep looking at one point in the first week of classes, you can allow yourself to slowly slide view in rows from top to bottom. It also only uses peripheral vision. But in any case, do not move the eyes to the right or to the left.***

If you have started to make the horizontal motion of the eyes, for a moment break away from the table, turn your view on a remote object and get some rest. After this, re-start the performance of the exercises from the very beginning, no matter what stage you left off.

On average, working on a single table takes 25-30. As training the search is being phased out, and some people reduced to 11-12, and in some cases - to 7-8.

In a healthy person, and rested on each table takes about the same time. Increased time to retrieving the numbers in the last table may be a sign of fatigue. As the training speed of finding the numbers gradually increases.

It is interesting to trace the behavior of the eye movements when working with tables.

The picture shows a recorded eye movements of a man with no instructions about the rules for working with tables. The total search time of all the figures – are 60. As can be seen from the figure, it looks like brute force as he passes from digit to digit.

15	6	16	9	14
1	8	20	24	2
18	22	10	21	12
17	11	23	5	25
7	4	13	19	3

The following figure registered a more advanced search technology figures. The student seeks to keep in view the central field of the table, fixing the peripheral vision all the other numbers. Hours tables in this case are 15-20 seconds.

15	6	16	9	14
1	8	20	24	2
18	22	10	21	12
17	11	23	5	25
7	4	13	19	3

Finally, the figure below - an example of the search for numbers from 8-11. Here sight is actually still capturing the central part of the table.

15	6	16	9	14
1	8	20	24	2
18	22	19	21	12
17	11	23	5	25
7	4	13	19	3

Of course, you may not be able to cover the entire eye chart.

**In the initial stage of training you need, when you look at the table, to easily see the central figure and the figures that are located at the corners of a square.**

Once you learn it, the retina begins the active stimulation of the peripheral zones of the formation of so-called "neural ensembles." This subset of interconnected neurons enable qualitative "read" and process the information that lies in the reserve areas of the field of view.

At that moment, when you look at the table so the eye, as it were photographed it all completely and sends the image into a matrix memory of the brain for further processing. Then you have, in fact, to not look for the place where the figure necessary to you, and remember its position on this "photo."

### **Everything you wanted to know about the sessions with intelligence exercise**

**What do I need to work with the trainer on the basis of the Schulte tables?**

- Tables Schulte (given below).
- Stopwatch (available in any mobile phone).
- Pencil or pen to record the results.
- A piece of paper to record results.

### **How to train with Schulte tables?**

Each workout consists of three approaches; during each you master the 4 tables. Between approaches make a break for 5-10 seconds, try at this time to not get distracted, just sit with your eyes closed.

For greater efficiency before each workout is necessary to conduct a special feeling to work with a trainer (see. The following section "Internal configured to work tables ") depending on the purpose and objectives of the exercise

### **How many times a day do I need to exercise?**

For best results it is desirable to do 1-2 training sessions a day.

We can restrict ourselves, and one daily training, then to achieve maximum results, you will spend a little more time.

You yourself determine the amount of training, according to your capacity, well-being and status. If you understand that you are tired or in a hurry, in employment - follow it to the next day.

### **How many tables for the one training do I need to do?**

For the one training it's necessary to attempt not less than 12 tables.

### **For a time I was given to work on a single table?**

In the beginning training time spent on one table is determined by your individual characteristics and fitness. Your task - to learn how to pass a table in no more than 30 seconds, the most important task - no more than 15-20 seconds.

If you calmly go through the table for 20 seconds and quickly, it means that the restructuring of your brain has already begun.

### **How long do I have to train to get the first results?**

If you spend two training sessions per day, the first results can be felt after the basic course in five days. At one training session per day (or if you do not regularly), the results appear after 10-12 days of work.

After a basic course (5 days) have to make a break for your brain to adapt to the regime of his new work. In the future, it is desirable to carry out a training of 2-3 days in order to maintain the health of the brain to a new level. Believe me, when you are involved in the process, it will be easy!

### **Possible difficulty while working with tables Schulte**

When working with tables, you may encounter the following events.

#### **1. You cannot for a long time to find a figure in the table, and you might even think that it is missing.**

In fact it is not. The tables present all the numbers from 1 to 25.

This phenomenon is due to the uneven pace of our mental activity, and usually happens when you go from single digits to double-digits.

**2. Time to work with each table increases when you «solve» multiple tables in a row.**

This is only due to your tiredness. In a healthy and rested person while working on each table is about the same. Therefore, in this case it is necessary to interrupt the training and to start it after a rest.

**3. During the lessons the tables hurt your eyes.**

Chances are you have the wrong table in front of you. Once again, read the instructions carefully, check the distance and position of the table in front of the eyes.

It is also the reason may be that you are actively seeking translate opinion digits. You should try not to move your eyes, otherwise you reach the desired effect.

## **Work on the maintenance of intellectual form and blitz training**

These training necessary to start after you've passed the main course. They are intended to ensure that the result achieved by you on the disclosure of your intellectual potential remains at the proper level.

### **Maintaining intellectual form using the exercise**

to maintain a form of intellectual enough to train 2-3 times a week, at any convenient for you day and time. You can use for the same set of tables, as in the main course.

Work tables may be the same as in the basic course, and can be modified to work with them, for example, in one workout the problem table is to locate the numbers 1-25, and the other - in the opposite order.

### **Blitz workout with intelligence exercise based on the Schulte tables**

Blitz workout designed for instant activation of intelligence and memory in case you need to put yourself in excellent shape to an important intellectual event. Just five minutes of training with tables Schulte, and you are ready for an important conversation, making a serious decision, you collected and confident!

For blitz training you can use any number of tables, to activate the intellectual capacity and memory needed for problem solving it should not be less than three. Keep always at hand this book, because it is your indispensable assistant to act competently and effectively in any situation.

#### *Recommendations for blitz training*

1. Try to rest, there is nothing to distract you from your workout.
2. Sit down so that you feel comfortable.
3. Gain the spirit to enter the training.
4. Open any number of tables.
5. For three approaches solve all the tables in the series.
6. Take a break at 30-40.
7. Open your eyes and again solve table, but are now looking for the numbers in reverse order (25 to 1).
8. Spend the mood for a way out of the training.

**Now you are ready to succeed in any business!**

### **Get ready to work with tables**

Before you start working on the intelligence exercise, it is important to hold

the right attitude to work with tables. The mood before training puts you in a state similar to meditative. It most fully reflects your intellectual potential and intuition (which is especially important for the blitz training), and the results of studies conducted in this state, fixed for a long time.

For the main courses and maintain intellectual form is the same attitude. The same attitude you use to blitz workout. After the blitz workout you need a different mindset. It aims to prepare you to act decisively and to fix a state winner.

*The mood before the main courses, the maintenance of intellectual form and prompt exercise*

Sit comfortably, close your eyes, take a deep breath and tune in to a wave of relaxation.

Think about how all the muscles relax your body - from head to toe. Feel how well your body as you are comfortable. You do not have to worry; you can breathe a sigh of relief and let yourself relax. Breathing...

Balance your breath, feel its rhythm. Listen to the sounds around you. All these sounds are not important, ignore them, they do not need to pay attention. Everything you hear on, allowing you to relax even more and more fully.

Exhale, release the tension from every cell, the particles of your body, mind or thoughts. Allow it to stress disappear. Feel the flow of your disturbing thoughts slowly begins to dry out, disappear, he disappears, and you relax.

Relax all the muscles of the face, especially the jaw. Relax your jaw, open them so that between the teeth was a small distance; relax the facial area. It is going to stress and fatigue, so make sure that your jaw is relaxed.

Feel like the spirit flows through you like a stream in pleasant relaxation. Relax your muscles in the temporal part of the head; think about how your muscles relax. Feel how relaxed they are, and the more you relax, the easier you will float and sink deeper and deeper into a state of total relaxation.

You go to relax. Now bring in the relaxed state of the muscles of the forehead. Feel what they are smooth, smooth, relaxed. Give your eyes a rest, too. Imagine how comfortable your eyelids, they are poured by gravity, they are heavy and relaxed. Now let all the muscles in your neck and shoulders relax. Feel with them falls heavy, very heavy load, you feel a great relief, you easily and you relax even more.

All your muscles relax the neck and shoulders; Feel the flow of soothing relaxation. Feel like it is coming down on your back, lower and lower into the lower part of your body.

All the muscles relax, feel with each breath your body slides down, lower and lower, into a state of complete rest. Give your muscles relax, relax them even stronger. Let all the muscles of the shoulders and arms relax, let your hand relax to the fingertips.

Feel the weight of your hands swell, become heavy, very heavy, heavy and relaxed, your hands is very convenient. You may feel a tingling in the fingertips. It is very good. If you feel that your hands are warmer, it is also a good sign. Feel that you are barely able to pick them up, your hands are so relaxed, and they are very heavy, heavy and relaxed.

Now, inhale and relax your chest muscles. Exhale, relax all the muscles of the abdomen, and let them relax all the muscles of the legs. Feel relaxed all the muscles in your feet, you feel on your feet relax all the muscles are relaxed completely, to the fingertips. Feel good and comfortable to your body, it floats, feel how your body floats, it is weakened more and more, your body is completely relaxed.

Stay in a state of relaxation for 1-2 minutes. Then take a deep breath, open your eyes start to work on the exercise.

#### *The mood after the blitz workout*

Five times take a deep breath, and then exhale.

Mentally tell:

1. I am calm...
2. My forces have recovered...
3. In the whole body I feel energized...
4. Thoughts crisp, clear...
5. I am ready to act ... I took like a refreshing shower...
6. Around the body runs a pleasant chill and coolness...
7. I take a deep breath ... blow ... Cool ...
8. I lift my head (or wake up) ... I opened my eyes ...

every sentence must be repeated 5-10 times.

#### *Business, career, professional activity*

For example, you have an important meeting, during which what will be addressed are important to you. Naturally, you worry how it will go? Will you be able to competently explain the interlocutors their arguments, clearly describe the situation, to justify their requests? How not to lose, showing the calculations, graphs and charts? How to keep in mind the columns of numbers and do not mix them up?

You will be much easier to cope with the excitement and all the tasks before the speech if you are just a few minutes to work out intellectual exercises based on the Schulte tables. This will be enough for you to feel the clarity of mind: your intelligence will be most focused on solving the problems, memory and attention extremely activated.

You will amaze results - meeting will take place without a hitch, you'll enjoy navigate the sea of numbers and words, and your arguments are compelling.

#### *Study, exams*

Intelligence exercises based on the Schulte tables suit perfectly, those who are still learning - pupils and students as well as adults who need to learn new knowledge.

Before you reveal textbooks and overlaid lecture notes, to devote a few minutes of training to exercises. Then immediately proceed to the study of the material, and you immediately feel the difference. You will be surprised how easily you will "catch" the essence of the texts, instantly memorizing formulas. They will fit into your mind in orderly rows, and you will not be a problem, if necessary, remove them from there.

You will greatly enhance the speed of reading and notably increase your short-term memory -Similarly, remembering, focused on more long-term, will be more profound: in the months and years you will remember not only the overall scheme of study, but also a lot of details.

#### *Health healing practices*

If you want to maintain your health for years to come, you need to give him enough attention. To keep the body in good shape, he needs constant exercise. You pick and choose what suits you best - swimming, running, aerobics, Chinese gymnastics...

But even more important to maintain their mental health, and are come to the aid quieter techniques - meditation and auditory training. These techniques are, incidentally, help to maintain fitness and well act on the psyche.

But all this combine, how to find time for classes in our world, life at breakneck speed?

It's very simple. A few minutes of training of brain training based on the Schulte tables before the session anger management - and your mind open for the adoption of new information. It will literally soak up every word affirmations, slamming him into the deepest layers and programming you success and good luck.

#### *Improving the efficiency of any Business:*

Before you begin to study new material, or a repetition of the old, be sure to work out some brain exercises based on the Schulte tables.

You put a task to master the technique of speed reading? Excellent! Psychologists claim that intelligence exercises based on the Schulte tables - are the best assistant in this. Why? The answer is simple.

Before the start of classes you perceive the text as well as all people - moving look at the lines. This visual acuity is greatest in the central region of the retina (by the way, this area even has an appropriate name - "zone of clear vision"). Everything that is outside the borders of this zone is perceived peripheral vision blurred, indistinct.

Classes on intelligence exercises based on the Schulte tables allow expanding the field of view, and thus significantly increasing the amount of information that you can perceive in the same time.

In order to increase the speed read fundamentally important two things: the ability to simultaneously capture the text look more space and the ability to read characters are not sequentially, one after the other, and to perceive and recognize their "parallel."

Both of these skills great coaches work with tables Schulte. Regular exercises for a few minutes a day significantly increase the angle of your view. As a result, you will not perceive the text line by line, and paragraphs and even pages.

*Tip*

The more you do the mental activity, the more you need to sleep to dream the brain could recycle the resulting information for the day and recover the spent energy. If you regularly do not get enough sleep, your intellectual capacity will be reduced.

It is advisable to sleep at least eight hours a day, and if for some reason is not possible, then at least once a week you need to sleep - that is sleep as much as you want, let though it will be ten to twelve hours. Need to sleep in a well ventilated area, as the brain for the rest and recuperation need oxygen, and if it is not enough, you will feel sleepy, no matter how much you slept

# **Chapter 4 - The everyday program of training your brain with Kelly's intellectual exercises.**

*Preliminary tests to evaluate your brain.*

Year

Month

Day

- 1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.**

sec.

- 2. Memorize maximum amount of words in 2 minutes.**

night	point	rest
pear	department	father
sister	minute	second
cup	uncle	bench
ruler	burrow	score
tap	day	apple
mother	trumpet	angle
folder	story	music
syrup	brother	daughter
hour	store	bed



words

**Write them down into spaces without repetition.**

**Words do not have to be in sequential order.**

**Write down total amount of words.**

## Stroop-Test 1

Read the text below silently as quickly as possible, while saying (out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g.                    2                    min,                    35                    sec.)

<b>Red</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>
<b>Green</b>	<b>Red</b>	<b>Red</b>	<b>Yellow</b>	<b>Blue</b>
<b>Green</b>	<b>Blue</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
<b>Blue</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>	<b>Green</b>
<b>Red</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>
<b>Green</b>	<b>Yellow</b>	<b>Blue</b>	<b>Red</b>	<b>Red</b>
<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Blue</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Blue</b>
<b>Red</b>	<b>Green</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>
<b>Blue</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>

Time \_\_\_\_ : \_\_\_\_

**Day 1** Month  Date

Start  :

$7 + 1 =$

$18 - 2 =$

$1 \times 8 =$

$29 + 7 =$

$1 \times 83 =$

$0 + 8 =$

$15 - 0 =$

$5 \times 5 =$

$18 - 1 =$

$10 \times 1 =$

$7 - 4 =$

$7 + 4 =$

$1 \times 22 =$

$8 - 4 =$

$8 + 3 =$

$20 - 1 =$

$82 : 1 =$

$14 - 0 =$

$81 : 3 =$

$2 \times 24 =$

$56 : 14 =$

$33 - 4 =$

$1 \times 4 =$

$48 - 2 =$

$9 + 5 =$

$31 : 1 =$

$1 \times 77 =$

$9 + 9 =$

$52 - 1 =$

$1 \times 29 =$

$51 : 51 =$

$22 + 1 =$

$1 \times 80 =$

$2 + 7 =$

$2 \times 41 =$

$15 : 5 =$

$1 \times 42 =$

$28 + 50 =$

$23 - 4 =$

$18 + 3 =$

$27 - 8 =$

$2 \times 16 =$

$24 + 2 =$

$42 : 14 =$

$2 \times 23 =$

$0 + 8 =$

$2 \times 20 =$

$13 + 3 =$

$90 : 3 =$

$23 \times 1 =$

$79 : 1 =$

$24 + 3 =$

$18 \times 3 =$

$5 + 13 =$

$2 \times 24 =$

$89 : 1 =$

$3 + 16 =$

$1 \times 78 =$

$1 \times 7 =$

$1 + 19 =$

$35 : 7 =$

$2 + 1 =$

$45 : 9 =$

$0 + 11 =$

$28 : 2 =$

$2 \times 18 =$

$2 + 18 =$

$8 : 4 =$

$8 - 4 =$

$90 : 9 =$

$2 + 10 =$

$11 - 3 =$

$27 : 9 =$

$8 - 1 =$

$3 + 6 =$

$30 : 2 =$

$18 - 2 =$

$13 - 3 =$

$8 - 3 =$

$22 : 1 =$

$2 + 3 =$

$5 - 4 =$

$3 \times 6 =$

$56 : 7 =$

$70 : 10 =$

$1 + 10 =$

$1 \times 2 =$

Finish  :

Time  :

**Day 2** Month  Date

Start  :

$33 : 11 =$

$45 - 6 =$

$27 + 0 =$

$28 \times 1 =$

$10 - 10 =$

$48 : 12 =$

$11 \times 9 =$

$19 - 5 =$

$99 : 3 =$

$29 - 11 =$

$1 \times 67 =$

$17 - 5 =$

$15 + 1 =$

$16 : 8 =$

$8 - 0 =$

$32 + 0 =$

$22 \times 3 =$

$66 : 2 =$

$11 \times 7 =$

$100 : 4 =$

$20 \times 3 =$

$22 - 7 =$

$24 \times 1 =$

$68 : 2 =$

$15 - 10 =$

$87 : 87 =$

$18 + 1 =$

$19 + 5 =$

$46 : 46 =$

$9 - 0 =$

$16 : 4 =$

$38 - 3 =$

$0 + 1 =$

$1 \times 11 =$

$5 - 0 =$

$24 + 8 =$

$25 - 5 =$

$60 : 4 =$

$15 - 9 =$

$1 \times 73 =$

$64 : 4 =$

$2 \times 42 =$

$6 + 19 =$

$36 - 1 =$

$77 : 7 =$

$9 - 2 =$

$6 + 15 =$

$1 + 17 =$

$1 \times 9 =$

$43 : 43 =$

$3 \times 10 =$

$7 + 12 =$

$77 : 1 =$

$2 + 17 =$

$72 : 72 =$

$13 - 5 =$

$54 : 6 =$

$1 \times 62 =$

$3 - 1 =$

$4 + 3 =$

$28 : 4 =$

$2 + 14 =$

$6 \times 3 =$

$9 - 4 =$

$3 \times 8 =$

$3 + 3 =$

$16 - 6 =$

$50 : 5 =$

$3 + 7 =$

$7 - 2 =$

$7 : 1 =$

$7 + 7 =$

$11 - 7 =$

$10 - 2 =$

$18 : 3 =$

$4 + 6 =$

$11 - 8 =$

$3 \times 7 =$

$32 : 4 =$

$1 + 5 =$

$12 - 6 =$

$11 - 0 =$

$6 + 16 =$

$9 - 7 =$

$8 + 0 =$

$13 - 4 =$

$45 : 5 =$

Finish  :

Time  :

**Week 1**

**Day 3** Month  Date   
**Start**  :

**Week 1**

$41 - 8 =$    
 $16 \div 1 =$    
 $21 + 1 =$    
 $27 - 11 =$    
 $72 \div 4 =$    
 $36 - 11 =$    
 $1 \times 5 =$    
 $96 \div 12 =$    
 $33 - 11 =$    
 $6 + 12 =$    
 $31 \times 1 =$    
 $16 - 6 =$    
 $22 \div 22 =$    
 $5 + 12 =$    
 $76 \div 2 =$    
 $25 - 9 =$    
 $71 \div 1 =$    
 $3 + 19 =$    
 $16 - 10 =$    
 $72 \div 12 =$    
 $1 \times 56 =$    
 $13 + 3 =$    
 $40 \div 1 =$    
 $7 \times 1 =$    
 $2 + 18 =$    
 $25 \div 25 =$    
 $14 - 1 =$    
 $3 \times 2 =$    
 $57 \div 19 =$

$17 - 3 =$    
 $20 \div 4 =$    
 $3 \times 1 =$    
 $15 - 1 =$    
 $33 \div 1 =$    
 $7 + 4 =$    
 $28 - 7 =$    
 $4 \times 2 =$    
 $24 - 9 =$    
 $50 \div 5 =$    
 $19 - 3 =$    
 $7 + 6 =$    
 $18 - 2 =$    
 $68 \div 2 =$    
 $24 + 0 =$    
 $2 \times 13 =$    
 $7 + 8 =$    
 $2 \times 11 =$    
 $23 + 1 =$    
 $22 - 1 =$    
 $7 + 10 =$    
 $3 \times 15 =$    
 $60 \div 6 =$    
 $14 \div 7 =$    
 $19 + 2 =$    
 $3 \times 5 =$    
 $16 \div 8 =$    
 $17 + 8 =$    
 $2 \times 31 =$

$11 - 4 =$    
 $24 \div 24 =$    
 $8 - 2 =$    
 $8 \times 9 =$    
 $16 - 7 =$    
 $28 \div 28 =$    
 $7 - 1 =$    
 $7 \times 1 =$    
 $14 - 6 =$    
 $31 + 5 =$    
 $5 \times 1 =$    
 $9 - 5 =$    
 $1 \times 25 =$    
 $14 - 7 =$    
 $4 \times 10 =$    
 $12 - 3 =$    
 $2 \times 4 =$    
 $9 - 1 =$    
 $44 \div 2 =$    
 $8 \times 2 =$    
 $10 - 4 =$    
 $20 + 0 =$    
 $2 \times 16 =$    
 $11 - 1 =$    
 $46 \div 2 =$    
 $5 \times 6 =$    
 $25 \div 1 =$    
 $11 - 0 =$    
 $8 + 5 =$

**Finish**  :

**Time**  :

**Day 4** Month  Date Start  : 

$21 - 3 =$    
 $22 : 1 =$    
 $7 - 6 =$    
 $1 + 11 =$    
 $8 : 8 =$    
 $10 + 1 =$    
 $7 - 7 =$    
 $1 \times 21 =$    
 $25 - 11 =$    
 $0 + 9 =$    
 $13 - 2 =$    
 $84 : 1 =$    
 $2 \times 21 =$    
 $42 : 14 =$    
 $14 - 5 =$    
 $7 \times 8 =$    
 $31 + 1 =$    
 $30 - 4 =$    
 $81 : 1 =$    
 $3 \times 25 =$    
 $7 + 5 =$    
 $15 - 4 =$    
 $42 : 42 =$    
 $2 \times 26 =$    
 $16 - 4 =$    
 $11 + 5 =$    
 $96 : 3 =$    
 $6 \times 11 =$    
 $22 - 3 =$

$3 \times 3 =$    
 $60 : 6 =$    
 $3 \times 4 =$    
 $64 : 8 =$    
 $3 \times 7 =$    
 $5 + 18 =$    
 $3 \times 9 =$    
 $66 : 6 =$    
 $4 + 5 =$    
 $6 \times 5 =$    
 $8 - 6 =$    
 $2 + 16 =$    
 $6 - 3 =$    
 $3 + 1 =$    
 $6 : 1 =$    
 $36 : 9 =$    
 $5 - 2 =$    
 $15 : 1 =$    
 $3 + 12 =$    
 $88 : 8 =$    
 $5 - 3 =$    
 $5 \times 6 =$    
 $22 : 11 =$    
 $3 + 31 =$    
 $2 + 17 =$    
 $8 - 8 =$    
 $3 + 21 =$    
 $14 - 8 =$    
 $6 + 6 =$

$2 + 12 =$    
 $32 : 4 =$    
 $2 \times 50 =$    
 $6 - 6 =$    
 $3 \times 20 =$    
 $40 : 8 =$    
 $3 \times 22 =$    
 $18 : 1 =$    
 $2 \times 16 =$    
 $16 - 2 =$    
 $1 + 33 =$    
 $8 : 2 =$    
 $2 \times 4 =$    
 $16 : 2 =$    
 $17 : 1 =$    
 $1 \times 18 =$    
 $2 + 24 =$    
 $7 - 4 =$    
 $5 : 1 =$    
 $2 \times 21 =$    
 $8 : 2 =$    
 $2 \times 26 =$    
 $6 : 2 =$    
 $20 + 45 =$    
 $1 \times 5 =$    
 $88 : 8 =$    
 $15 - 6 =$    
 $10 \times 3 =$    
 $21 : 1 =$

**Week 1**Finish  : Time  :

**Day 5** Month  Date   
**Start**  :

**Week 1**

$9 - 9 =$    
 $14 : 14 =$    
 $1 - 0 =$    
 $16 \times 5 =$    
 $15 : 15 =$    
 $18 - 5 =$    
 $22 + 0 =$    
 $78 : 3 =$    
 $3 - 2 =$    
 $23 + 0 =$    
 $88 : 88 =$    
 $60 - 2 =$    
 $4 + 11 =$    
 $39 : 39 =$    
 $1 \times 89 =$    
 $1 + 3 =$    
 $2 \times 36 =$    
 $90 : 3 =$    
 $34 + 0 =$    
 $50 : 2 =$    
 $9 - 7 =$    
 $31 + 8 =$    
 $48 : 8 =$    
 $28 - 6 =$    
 $12 + 5 =$    
 $30 - 8 =$    
 $15 + 2 =$    
 $19 \times 2 =$    
 $16 - 5 =$

$48 : 3 =$    
 $1 + 12 =$    
 $26 : 26 =$    
 $2 + 14 =$    
 $4 + 12 =$    
 $70 : 10 =$    
 $18 - 6 =$    
 $2 + 13 =$    
 $29 \times 1 =$    
 $21 : 21 =$    
 $4 + 14 =$    
 $33 + 7 =$    
 $5 \times 4 =$    
 $19 - 11 =$    
 $28 \times 2 =$    
 $14 + 4 =$    
 $31 - 8 =$    
 $52 : 4 =$    
 $7 \times 12 =$    
 $30 - 6 =$    
 $1 \times 60 =$    
 $5 - 2 =$    
 $70 : 5 =$    
 $7 \times 5 =$    
 $32 - 9 =$    
 $9 \times 2 =$    
 $16 - 6 =$    
 $56 : 1 =$    
 $2 \times 2 =$

$4 \times 9 =$    
 $10 - 7 =$    
 $7 \times 5 =$    
 $5 + 8 =$    
 $1 \times 25 =$    
 $18 - 10 =$    
 $1 + 0 =$    
 $12 : 6 =$    
 $5 \times 16 =$    
 $60 : 6 =$    
 $6 + 5 =$    
 $6 \times 5 =$    
 $5 + 1 =$    
 $22 - 11 =$    
 $9 : 9 =$    
 $4 + 33 =$    
 $27 : 3 =$    
 $38 - 0 =$    
 $6 + 14 =$    
 $7 - 7 =$    
 $23 : 23 =$    
 $8 + 1 =$    
 $49 - 7 =$    
 $11 + 1 =$    
 $9 : 9 =$    
 $8 - 8 =$    
 $9 \times 5 =$    
 $12 : 12 =$    
 $4 + 44 =$

**Finish**  :

**Time**  :

**Day 6** Month  Date

**1. Count out loud from 1 to 120 as fast as you can.**

**Write down the time it took in seconds below.**

Week 1

sec.

**2. Memorize maximum amount of words in 2 minutes**

frost	autumn	armchair
pen	grape	week
layer	scales	lard
address	order	fridge
brick	owl	carpet
notebook	game	stretcher
lake	ceiling	day
piece	raven	stool
concrete	raspberry	hoover
line	exercise book	porridge

**Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.**

words

## Day 6

Week 1

## Day 7

### Stroop-test-2

Read the text below silently as quickly as possible, while saying ( out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g.                   2                   min,                   35                   sec.)

Red	Green	Green	Yellow	Blue
Red	Blue	Red	Yellow	Green
Yellow	Red	Red	Green	Blue
Yellow	Blue	Green	Red	Blue
Red	Blue	Red	Yellow	Green
Green	Yellow	Red	Green	Blue
Blue	Blue	Yellow	Yellow	Green
Green	Yellow	Red	Green	Blue
Red	Yellow	Blue	Green	Yellow
Blue	Red	Red	Blue	Green

Time \_\_\_\_ : \_\_\_\_

**Day 8** Month  Date

Start  :

**Week 2**

$6 \times 11 =$    
 $17 - 7 =$    
 $18 : 2 =$    
 $17 \times 1 =$    
 $8 + 0 =$    
 $9 \times 2 =$    
 $36 : 4 =$    
 $7 + 4 =$    
 $14 - 9 =$    
 $9 + 6 =$    
 $8 \times 3 =$    
 $40 : 5 =$    
 $6 + 4 =$    
 $15 - 11 =$    
 $4 + 19 =$    
 $8 \times 5 =$    
 $17 - 11 =$    
 $8 + 5 =$    
 $2 + 20 =$    
 $16 : 16 =$    
 $5 \times 3 =$    
 $20 - 6 =$    
 $6 + 6 =$    
 $77 : 7 =$    
 $7 + 13 =$    
 $5 \times 1 =$    
 $16 - 2 =$    
 $8 + 2 =$    
 $9 : 9 =$

$5 \times 20 =$    
 $10 - 8 =$    
 $98 : 98 =$    
 $2 \times 12 =$    
 $3 + 5 =$    
 $3 \times 9 =$    
 $53 - 6 =$    
 $12 : 4 =$    
 $8 + 9 =$    
 $12 - 7 =$    
 $4 \times 12 =$    
 $15 : 1 =$    
 $5 \times 15 =$    
 $2 + 5 =$    
 $28 - 9 =$    
 $16 : 16 =$    
 $9 \times 9 =$    
 $43 - 7 =$    
 $0 + 3 =$    
 $15 : 3 =$    
 $5 + 5 =$    
 $17 : 17 =$    
 $31 - 5 =$    
 $8 : 4 =$    
 $5 - 4 =$    
 $3 : 3 =$    
 $4 \times 15 =$    
 $32 - 4 =$    
 $24 : 4 =$

$27 : 27 =$    
 $4 + 3 =$    
 $9 \times 7 =$    
 $93 : 93 =$    
 $6 + 7 =$    
 $7 \times 7 =$    
 $26 - 5 =$    
 $56 : 28 =$    
 $1 \times 17 =$    
 $68 : 68 =$    
 $18 - 7 =$    
 $84 : 28 =$    
 $2 \times 32 =$    
 $20 - 7 =$    
 $4 \times 25 =$    
 $19 - 9 =$    
 $85 : 85 =$    
 $13 - 7 =$    
 $61 : 1 =$    
 $3 \times 21 =$    
 $14 - 2 =$    
 $16 \times 1 =$    
 $67 : 67 =$    
 $8 - 7 =$    
 $10 : 2 =$    
 $11 \times 5 =$    
 $26 - 10 =$    
 $81 : 81 =$    
 $21 - 7 =$

Finish  :

Time  :

**Day 9** Month  Date

Start  :

$4 : 4 =$    
 $21 - 11 =$    
 $12 + 0 =$    
 $3 \times 15 =$    
 $4 + 6 =$    
 $51 - 6 =$    
 $2 \times 7 =$    
 $6 + 0 =$    
 $54 - 6 =$    
 $96 : 96 =$    
 $1 \times 13 =$    
 $29 : 29 =$    
 $12 - 8 =$    
 $8 + 2 =$    
 $20 \times 2 =$    
 $88 : 11 =$    
 $54 - 9 =$    
 $20 \times 1 =$    
 $18 : 2 =$    
 $3 + 6 =$    
 $5 \times 17 =$    
 $35 : 35 =$    
 $3 \times 14 =$    
 $15 : 5 =$    
 $1 \times 10 =$    
 $3 - 3 =$    
 $30 : 6 =$    
 $22 - 8 =$    
 $8 \times 11 =$

$28 : 2 =$    
 $11 + 7 =$    
 $64 : 8 =$    
 $18 - 10 =$    
 $1 + 0 =$    
 $4 \times 10 =$    
 $3 - 0 =$    
 $26 + 5 =$    
 $44 - 10 =$    
 $1 \times 71 =$    
 $18 - 9 =$    
 $42 : 6 =$    
 $22 + 2 =$    
 $5 \times 9 =$    
 $16 - 9 =$    
 $100 : 100 =$    
 $5 + 24 =$    
 $2 \times 30 =$    
 $13 - 9 =$    
 $54 : 9 =$    
 $19 - 10 =$    
 $3 \times 11 =$    
 $100 : 1 =$    
 $31 + 4 =$    
 $48 - 3 =$    
 $11 : 1 =$    
 $8 \times 2 =$    
 $70 : 1 =$    
 $3 + 21 =$

$4 \times 9 =$    
 $9 + 6 =$    
 $48 : 4 =$    
 $3 \times 33 =$    
 $8 + 7 =$    
 $3 - 2 =$    
 $4 \times 7 =$    
 $16 : 8 =$    
 $10 + 6 =$    
 $2 \times 34 =$    
 $5 - 3 =$    
 $0 + 6 =$    
 $3 \times 13 =$    
 $16 : 4 =$    
 $8 + 3 =$    
 $10 \times 10 =$    
 $8 + 4 =$    
 $1 \times 37 =$    
 $0 + 1 =$    
 $5 \times 11 =$    
 $48 : 8 =$    
 $63 : 21 =$    
 $1 \times 100 =$    
 $1 + 5 =$    
 $16 + 8 =$    
 $56 : 7 =$    
 $18 \times 1 =$    
 $11 - 8 =$    
 $6 \times 8 =$

**Week 2**

Finish  :

Time  :

**Day 10** Month  Date Start  : **Week 2**

$35 : 7 =$    
 $5 \times 16 =$    
 $13 - 6 =$    
 $63 : 1 =$    
 $1 \times 20 =$    
 $34 - 11 =$    
 $69 : 69 =$    
 $16 - 11 =$    
 $28 : 28 =$    
 $2 \times 17 =$    
 $1 \times 32 =$    
 $34 : 2 =$    
 $4 \times 9 =$    
 $8 + 0 =$    
 $53 - 7 =$    
 $97 : 97 =$    
 $6 + 6 =$    
 $17 \times 1 =$    
 $0 + 12 =$    
 $66 : 1 =$    
 $3 \times 20 =$    
 $100 : 2 =$    
 $2 \times 29 =$    
 $67 : 1 =$    
 $4 \times 21 =$    
 $24 - 8 =$    
 $21 : 1 =$    
 $1 \times 6 =$    
 $4 - 3 =$

$15 - 7 =$    
 $2 \times 6 =$    
 $6 + 4 =$    
 $7 - 5 =$    
 $8 : 4 =$    
 $9 - 6 =$    
 $9 \times 8 =$    
 $9 + 0 =$    
 $21 - 2 =$    
 $12 : 6 =$    
 $9 + 4 =$    
 $23 - 4 =$    
 $3 \times 7 =$    
 $5 + 7 =$    
 $14 - 4 =$    
 $3 \times 8 =$    
 $18 - 3 =$    
 $9 \times 3 =$    
 $1 + 19 =$    
 $4 - 4 =$    
 $4 \times 7 =$    
 $12 : 1 =$    
 $22 - 6 =$    
 $4 \times 6 =$    
 $12 : 3 =$    
 $36 - 4 =$    
 $48 : 2 =$    
 $1 \times 90 =$    
 $22 - 2 =$

$9 + 10 =$    
 $13 : 1 =$    
 $47 - 3 =$    
 $6 + 11 =$    
 $5 - 1 =$    
 $3 \times 3 =$    
 $1 + 22 =$    
 $37 - 6 =$    
 $1 \times 74 =$    
 $16 - 1 =$    
 $30 : 3 =$    
 $22 - 5 =$    
 $4 \times 8 =$    
 $7 - 3 =$    
 $2 + 1 =$    
 $13 - 10 =$    
 $18 : 18 =$    
 $45 - 2 =$    
 $4 + 19 =$    
 $62 : 2 =$    
 $1 \times 68 =$    
 $39 : 3 =$    
 $22 \times 4 =$    
 $4 + 17 =$    
 $83 : 83 =$    
 $1 \times 63 =$    
 $69 : 1 =$    
 $21 - 4 =$    
 $70 : 7 =$

Finish  : Time  :

**Day 11** Month  Date

Start  :

$4 \times 16 =$    
 $1 + 23 =$    
 $12 : 6 =$    
 $1 \times 23 =$    
 $0 + 10 =$    
 $26 - 8 =$    
 $1 \times 81 =$    
 $26 - 11 =$    
 $1 \times 86 =$    
 $6 - 0 =$    
 $23 + 5 =$    
 $26 : 1 =$    
 $33 + 1 =$    
 $17 - 6 =$    
 $83 : 1 =$    
 $0 + 4 =$    
 $30 : 5 =$    
 $0 + 6 =$    
 $25 - 3 =$    
 $3 \times 24 =$    
 $24 - 1 =$    
 $84 : 4 =$    
 $10 - 6 =$    
 $12 \times 2 =$    
 $12 + 3 =$    
 $27 - 6 =$    
 $12 + 8 =$    
 $11 - 3 =$    
 $40 : 5 =$

$11 + 8 =$    
 $4 : 4 =$    
 $5 \times 8 =$    
 $45 : 9 =$    
 $11 + 7 =$    
 $1 \times 13 =$    
 $44 : 4 =$    
 $3 \times 10 =$    
 $12 + 3 =$    
 $4 \times 9 =$    
 $4 - 3 =$    
 $24 : 8 =$    
 $6 \times 9 =$    
 $12 + 0 =$    
 $3 \times 33 =$    
 $27 : 9 =$    
 $11 + 3 =$    
 $2 - 1 =$    
 $1 \times 97 =$    
 $13 - 10 =$    
 $40 : 8 =$    
 $29 \times 1 =$    
 $18 + 7 =$    
 $3 \times 8 =$    
 $2 + 4 =$    
 $72 : 9 =$    
 $4 + 5 =$    
 $1 \times 5 =$    
 $11 - 9 =$

$2 \times 10 =$    
 $5 + 1 =$    
 $18 - 7 =$    
 $35 : 5 =$    
 $7 + 1 =$    
 $8 - 0 =$    
 $25 \times 2 =$    
 $14 - 11 =$    
 $12 : 3 =$    
 $6 + 10 =$    
 $16 - 8 =$    
 $8 : 2 =$    
 $0 + 3 =$    
 $5 \times 20 =$    
 $19 - 9 =$    
 $10 : 5 =$    
 $9 + 3 =$    
 $18 - 11 =$    
 $42 : 6 =$    
 $2 + 1 =$    
 $19 - 10 =$    
 $7 + 9 =$    
 $96 : 3 =$    
 $3 + 13 =$    
 $5 \times 3 =$    
 $3 + 3 =$    
 $13 - 2 =$    
 $6 + 7 =$    
 $4 \times 6 =$

**Week 2**

Finish  :

Time  :

**Day 12** Month  Date Start  : **Week 2**

$14 + 7 =$    
 $2 \times 10 =$    
 $18 : 9 =$    
 $20 + 5 =$    
 $15 \times 1 =$    
 $10 : 10 =$    
 $6 - 6 =$    
 $15 \times 4 =$    
 $11 + 2 =$    
 $2 - 2 =$    
 $13 + 0 =$    
 $42 \times 1 =$    
 $6 - 5 =$    
 $4 + 4 =$    
 $1 \times 43 =$    
 $9 - 9 =$    
 $13 + 6 =$    
 $6 \times 10 =$    
 $8 - 8 =$    
 $37 \times 1 =$    
 $55 : 11 =$    
 $3 + 1 =$    
 $6 \times 7 =$    
 $88 : 11 =$    
 $5 + 4 =$    
 $11 - 11 =$    
 $20 : 20 =$    
 $3 \times 9 =$    
 $20 + 7 =$

$5 + 5 =$    
 $2 : 2 =$    
 $13 - 10 =$    
 $2 + 4 =$    
 $13 - 9 =$    
 $4 + 2 =$    
 $30 : 6 =$    
 $8 \times 8 =$    
 $9 - 5 =$    
 $4 : 4 =$    
 $3 + 9 =$    
 $7 \times 6 =$    
 $3 + 20 =$    
 $54 : 6 =$    
 $4 + 8 =$    
 $12 - 4 =$    
 $7 + 9 =$    
 $81 : 9 =$    
 $7 \times 1 =$    
 $10 : 5 =$    
 $10 - 6 =$    
 $6 \times 7 =$    
 $38 : 2 =$    
 $9 \times 11 =$    
 $8 + 8 =$    
 $8 : 2 =$    
 $9 \times 10 =$    
 $11 - 10 =$

$6 + 2 =$    
 $13 - 1 =$    
 $12 : 2 =$    
 $4 \times 12 =$    
 $5 + 2 =$    
 $17 - 8 =$    
 $3 + 17 =$    
 $14 - 0 =$    
 $4 : 1 =$    
 $1 + 8 =$    
 $1 \times 14 =$    
 $18 - 8 =$    
 $12 : 4 =$    
 $3 + 4 =$    
 $2 \times 19 =$    
 $8 : 1 =$    
 $1 \times 16 =$    
 $3 + 7 =$    
 $1 \times 5 =$    
 $0 + 5 =$    
 $6 : 1 =$    
 $3 + 0 =$    
 $39 : 1 =$    
 $1 \times 1 =$    
 $3 + 15 =$    
 $15 - 3 =$    
 $3 \times 3 =$    
 $4 + 4 =$    
 $17 - 4 =$

Finish  : Time  :

**Day 13** Month  Date

Week 2

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

voice	stone	book
horse	snake	elbow
tea	flight	west
room	lizard	bird
dew	bag	boat
ring	arrow	torso
field	dividers	fountain
hearing	ground	carrot
cow	step	fan
dream	box	saber

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

Day 13

Week 2

ANSWER

Page 1

1

ANSWER

1

100

1

1

100

ANSWER

ANSWER

1

ANSWER

100

100

1

1

1

100

1

1

1

1

1

1

1

## Day 14

### Stroop-test 3

Read the text below silently as quickly as possible, while saying (out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Yellow</b>	<b>Green</b>	<b>Green</b>	<b>Blue</b>	<b>Red</b>
<b>Red</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>	<b>Blue</b>
<b>Blue</b>	<b>Green</b>	<b>Yellow</b>	<b>Blue</b>	<b>Red</b>
<b>Yellow</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>	<b>Red</b>
<b>Red</b>	<b>Green</b>	<b>Green</b>	<b>Yellow</b>	<b>Blue</b>
<b>Yellow</b>	<b>Blue</b>	<b>Blue</b>	<b>Yellow</b>	<b>Green</b>
<b>Red</b>	<b>Blue</b>	<b>Green</b>	<b>Red</b>	<b>Yellow</b>
<b>Green</b>	<b>Yellow</b>	<b>Blue</b>	<b>Yellow</b>	<b>Red</b>
<b>Blue</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>

Time \_\_\_\_:\_\_\_\_

**Day 15**Month  Date Start  : **Week 3**

$1 + 4 =$    
 $9 - 2 =$    
 $1 \times 8 =$    
 $69 : 3 =$    
 $2 + 12 =$    
 $20 : 5 =$    
 $7 - 1 =$    
 $2 \times 8 =$    
 $16 - 7 =$    
 $40 : 2 =$    
 $4 \times 10 =$    
 $3 + 10 =$    
 $8 : 1 =$    
 $1 + 23 =$    
 $10 - 1 =$    
 $9 : 1 =$    
 $13 - 8 =$    
 $0 + 14 =$    
 $7 \times 2 =$    
 $24 : 3 =$    
 $5 + 14 =$    
 $5 \times 8 =$    
 $99 : 3 =$    
 $7 + 5 =$    
 $15 \times 3 =$    
 $4 + 6 =$    
 $3 \times 12 =$    
 $18 : 1 =$    
 $4 + 11 =$

$6 - 6 =$    
 $2 \times 7 =$    
 $3 - 1 =$    
 $2 + 1 =$    
 $6 : 2 =$    
 $1 \times 27 =$    
 $6 - 2 =$    
 $1 + 3 =$    
 $2 : 1 =$    
 $2 \times 38 =$    
 $5 - 0 =$    
 $1 + 1 =$    
 $24 : 4 =$    
 $14 - 4 =$    
 $9 \times 6 =$    
 $8 : 1 =$    
 $16 \times 2 =$    
 $10 : 2 =$    
 $0 + 4 =$    
 $12 - 7 =$    
 $10 : 1 =$    
 $7 \times 2 =$    
 $17 + 0 =$    
 $12 : 1 =$    
 $30 + 0 =$    
 $2 \times 2 =$    
 $27 : 3 =$    
 $17 - 6 =$    
 $1 \times 3 =$

$18 - 10 =$    
 $26 : 2 =$    
 $8 \times 1 =$    
 $36 - 11 =$    
 $72 : 12 =$    
 $7 \times 9 =$    
 $64 - 6 =$    
 $8 \times 2 =$    
 $32 - 10 =$    
 $27 : 27 =$    
 $34 + 4 =$    
 $1 \times 86 =$    
 $12 - 2 =$    
 $80 : 4 =$    
 $15 - 9 =$    
 $7 \times 4 =$    
 $13 - 3 =$    
 $9 : 1 =$    
 $5 \times 9 =$    
 $10 - 0 =$    
 $4 \times 25 =$    
 $22 + 0 =$    
 $11 - 6 =$    
 $8 \times 4 =$    
 $8 + 2 =$    
 $20 - 7 =$    
 $11 : 1 =$    
 $34 \times 1 =$    
 $19 - 6 =$

Finish  : Time  :

# Day 16

Month Date Start  : 

Week 3

$2 + 5 =$    
 $10 - 7 =$    
 $6 \times 3 =$    
 $40 \times 1 =$    
 $2 + 2 =$    
 $6 - 3 =$    
 $26 \times 1 =$    
 $2 + 0 =$    
 $7 - 3 =$    
 $10 \times 3 =$    
 $15 : 3 =$    
 $9 \times 8 =$    
 $25 : 5 =$    
 $25 \times 2 =$    
 $31 + 0 =$    
 $40 : 5 =$    
 $16 \times 1 =$    
 $23 : 23 =$    
 $9 \times 10 =$    
 $6 + 0 =$    
 $8 : 2 =$    
 $9 \times 5 =$    
 $29 + 0 =$    
 $18 : 2 =$    
 $3 \times 24 =$    
 $30 : 3 =$    
 $17 - 7 =$    
 $60 : 5 =$    
 $5 \times 3 =$

$4 + 6 =$    
 $1 \times 47 =$    
 $15 - 11 =$    
 $6 : 3 =$    
 $6 \times 4 =$    
 $6 + 5 =$    
 $4 - 1 =$    
 $4 + 2 =$    
 $12 \times 5 =$    
 $36 : 6 =$    
 $34 + 2 =$    
 $7 \times 3 =$    
 $7 - 5 =$    
 $6 \times 15 =$    
 $32 + 0 =$    
 $35 : 5 =$    
 $6 : 1 =$    
 $15 \times 4 =$    
 $6 + 1 =$    
 $54 : 6 =$    
 $3 \times 23 =$    
 $40 : 4 =$    
 $5 + 6 =$    
 $9 \times 5 =$    
 $80 : 8 =$    
 $5 \times 13 =$    
 $5 : 1 =$    
 $4 : 2 =$    
 $2 \times 4 =$

$43 \times 1 =$    
 $20 - 8 =$    
 $28 : 2 =$    
 $9 \times 1 =$    
 $15 - 7 =$    
 $7 \times 9 =$    
 $21 - 9 =$    
 $1 \times 89 =$    
 $8 - 1 =$    
 $31 + 2 =$    
 $8 \times 11 =$    
 $9 - 2 =$    
 $4 \times 3 =$    
 $19 : 1 =$    
 $32 - 11 =$    
 $43 \times 2 =$    
 $8 + 1 =$    
 $16 - 9 =$    
 $40 : 2 =$    
 $4 \times 9 =$    
 $59 - 6 =$    
 $42 : 2 =$    
 $10 \times 9 =$    
 $21 + 0 =$    
 $9 \times 4 =$    
 $14 - 3 =$    
 $52 : 2 =$    
 $41 \times 1 =$    
 $12 - 1 =$

Finish  : Time  :

# Day 17

Month  Date Start  : 

Week 3

$17 - 2 =$

$14 + 4 =$

$22 - 8 =$

$4 \times 7 =$

$23 - 10 =$

$48 : 6 =$

$8 + 9 =$

$26 - 6 =$

$11 + 6 =$

$20 - 3 =$

$18 + 5 =$

$25 - 10 =$

$7 : 7 =$

$1 \times 10 =$

$9 + 8 =$

$38 : 38 =$

$11 \times 5 =$

$30 - 11 =$

$7 + 9 =$

$1 \times 35 =$

$40 : 40 =$

$21 + 9 =$

$1 \times 19 =$

$15 + 1 =$

$26 - 9 =$

$48 : 16 =$

$13 + 1 =$

$27 - 9 =$

$49 : 49 =$

$8 : 4 =$

$10 \times 4 =$

$6 - 4 =$

$11 + 7 =$

$27 \times 1 =$

$29 - 7 =$

$10 \times 6 =$

$12 + 5 =$

$1 \times 32 =$

$36 : 36 =$

$31 \times 1 =$

$4 : 4 =$

$12 \times 5 =$

$7 - 6 =$

$16 : 4 =$

$23 \times 2 =$

$11 + 3 =$

$6 - 3 =$

$21 \times 4 =$

$12 + 1 =$

$25 : 5 =$

$2 \times 43 =$

$8 - 7 =$

$22 \times 1 =$

$9 - 8 =$

$24 \times 2 =$

$28 : 1 =$

$13 - 8 =$

$36 : 6 =$

$3 : 1 =$

$13 - 11 =$

$3 + 2 =$

$33 : 3 =$

$21 - 3 =$

$15 + 7 =$

$5 : 1 =$

$15 - 0 =$

$8 + 8 =$

$72 : 8 =$

$1 \times 12 =$

$10 : 1 =$

$14 - 6 =$

$3 + 4 =$

$80 : 10 =$

$20 - 0 =$

$9 + 5 =$

$16 : 1 =$

$18 + 0 =$

$10 : 2 =$

$12 \times 2 =$

$48 : 3 =$

$14 \times 3 =$

$16 : 2 =$

$16 + 24 =$

$2 + 19 =$

$25 \times 4 =$

$25 : 5 =$

$12 \times 3 =$

Finish  : Time  :

# Day 18

Month  Date Start  : 

$0 + 10 =$

$4 - 0 =$

$10 + 7 =$

$20 - 2 =$

$2 \times 5 =$

$3 \times 32 =$

$90 : 2 =$

$0 + 1 =$

$25 - 4 =$

$20 : 5 =$

$16 - 8 =$

$90 : 3 =$

$1 \times 34 =$

$4 \times 4 =$

$13 \times 3 =$

$21 + 2 =$

$0 + 6 =$

$21 - 0 =$

$0 + 15 =$

$5 \times 4 =$

$24 : 1 =$

$16 : 4 =$

$0 + 2 =$

$8 + 7 =$

$15 + 2 =$

$2 + 7 =$

$1 - 1 =$

$74 : 2 =$

$1 \times 2 =$

$11 \times 8 =$

$1 \times 41 =$

$14 : 1 =$

$2 - 0 =$

$21 + 3 =$

$21 - 11 =$

$1 \times 31 =$

$29 : 1 =$

$21 - 10 =$

$8 - 3 =$

$1 + 11 =$

$0 + 8 =$

$18 \times 1 =$

$0 + 7 =$

$15 : 1 =$

$24 - 3 =$

$24 - 3 =$

$3 + 30 =$

$28 \times 2 =$

$28 : 1 =$

$12 - 1 =$

$24 - 2 =$

$23 + 3 =$

$26 : 2 =$

$11 + 6 =$

$1 \times 77 =$

$5 - 0 =$

$34 \times 1 =$

$0 + 13 =$

$13 - 0 =$

$25 : 1 =$

$14 \times 1 =$

$9 - 0 =$

$1 + 13 =$

$78 : 1 =$

$42 : 2 =$

$56 : 2 =$

$2 \times 23 =$

$5 \times 6 =$

$6 - 5 =$

$70 : 1 =$

$3 + 40 =$

$1 + 17 =$

$15 + 6 =$

$45 : 5 =$

$2 \times 36 =$

$23 - 0 =$

$11 + 2 =$

$5 - 4 =$

$100 : 2 =$

$7 : 7 =$

$6 - 6 =$

$23 + 4 =$

$26 - 1 =$

$20 \times 3 =$

$1 \times 21 =$

$23 - 0 =$

$22 - 9 =$

Finish  : Time  : 

Week 3

# Day 19

Month  Date Start  : **Week 3**

$35 : 35 = \boxed{\phantom{00}}$   
 $23 - 3 = \boxed{\phantom{00}}$   
 $3 \times 31 = \boxed{\phantom{00}}$   
 $93 : 3 = \boxed{\phantom{00}}$   
 $15 - 6 = \boxed{\phantom{00}}$   
 $5 + 16 = \boxed{\phantom{00}}$   
 $2 \times 32 = \boxed{\phantom{00}}$   
 $12 + 3 = \boxed{\phantom{00}}$   
 $69 : 3 = \boxed{\phantom{00}}$   
 $32 \times 1 = \boxed{\phantom{00}}$   
 $42 : 42 = \boxed{\phantom{00}}$   
 $10 \times 5 = \boxed{\phantom{00}}$   
 $1 + 12 = \boxed{\phantom{00}}$   
 $10 : 1 = \boxed{\phantom{00}}$   
 $2 \times 34 = \boxed{\phantom{00}}$   
 $2 + 15 = \boxed{\phantom{00}}$   
 $7 - 3 = \boxed{\phantom{00}}$   
 $16 : 8 = \boxed{\phantom{00}}$   
 $18 \times 3 = \boxed{\phantom{00}}$   
 $12 + 2 = \boxed{\phantom{00}}$   
 $1 \times 40 = \boxed{\phantom{00}}$   
 $54 : 2 = \boxed{\phantom{00}}$   
 $12 + 4 = \boxed{\phantom{00}}$   
 $7 - 6 = \boxed{\phantom{00}}$   
 $2 \times 39 = \boxed{\phantom{00}}$   
 $28 : 4 = \boxed{\phantom{00}}$   
 $22 \times 3 = \boxed{\phantom{00}}$   
 $4 + 14 = \boxed{\phantom{00}}$   
 $50 : 2 = \boxed{\phantom{00}}$

$56 : 7 = \boxed{\phantom{00}}$   
 $10 - 9 = \boxed{\phantom{00}}$   
 $6 + 49 = \boxed{\phantom{00}}$   
 $60 : 20 = \boxed{\phantom{00}}$   
 $14 - 11 = \boxed{\phantom{00}}$   
 $48 : 6 = \boxed{\phantom{00}}$   
 $20 + 5 = \boxed{\phantom{00}}$   
 $80 : 20 = \boxed{\phantom{00}}$   
 $28 - 3 = \boxed{\phantom{00}}$   
 $4 \times 15 = \boxed{\phantom{00}}$   
 $8 + 0 = \boxed{\phantom{00}}$   
 $7 : 1 = \boxed{\phantom{00}}$   
 $3 \times 14 = \boxed{\phantom{00}}$   
 $5 + 1 = \boxed{\phantom{00}}$   
 $27 - 2 = \boxed{\phantom{00}}$   
 $17 : 17 = \boxed{\phantom{00}}$   
 $15 - 8 = \boxed{\phantom{00}}$   
 $15 + 0 = \boxed{\phantom{00}}$   
 $72 : 9 = \boxed{\phantom{00}}$   
 $2 + 10 = \boxed{\phantom{00}}$   
 $88 : 11 = \boxed{\phantom{00}}$   
 $14 - 8 = \boxed{\phantom{00}}$   
 $61 : 61 = \boxed{\phantom{00}}$   
 $19 + 0 = \boxed{\phantom{00}}$   
 $12 : 2 = \boxed{\phantom{00}}$   
 $5 \times 13 = \boxed{\phantom{00}}$   
 $95 : 95 = \boxed{\phantom{00}}$   
 $17 - 11 = \boxed{\phantom{00}}$   
 $7 \times 10 = \boxed{\phantom{00}}$

$66 : 11 = \boxed{\phantom{00}}$   
 $5 \times 1 = \boxed{\phantom{00}}$   
 $27 - 3 = \boxed{\phantom{00}}$   
 $32 : 8 = \boxed{\phantom{00}}$   
 $4 \times 1 = \boxed{\phantom{00}}$   
 $12 : 3 = \boxed{\phantom{00}}$   
 $0 + 34 = \boxed{\phantom{00}}$   
 $5 - 1 = \boxed{\phantom{00}}$   
 $10 : 10 = \boxed{\phantom{00}}$   
 $29 - 4 = \boxed{\phantom{00}}$   
 $63 : 3 = \boxed{\phantom{00}}$   
 $4 \times 2 = \boxed{\phantom{00}}$   
 $15 + 35 = \boxed{\phantom{00}}$   
 $19 - 2 = \boxed{\phantom{00}}$   
 $1 \times 8 = \boxed{\phantom{00}}$   
 $5 - 5 = \boxed{\phantom{00}}$   
 $2 \times 20 = \boxed{\phantom{00}}$   
 $25 + 50 = \boxed{\phantom{00}}$   
 $15 : 3 = \boxed{\phantom{00}}$   
 $8 - 2 = \boxed{\phantom{00}}$   
 $3 + 7 = \boxed{\phantom{00}}$   
 $2 : 2 = \boxed{\phantom{00}}$   
 $1 \times 6 = \boxed{\phantom{00}}$   
 $7 - 3 = \boxed{\phantom{00}}$   
 $100 : 5 = \boxed{\phantom{00}}$   
 $3 + 0 = \boxed{\phantom{00}}$   
 $60 : 6 = \boxed{\phantom{00}}$   
 $6 \times 6 = \boxed{\phantom{00}}$   
 $12 : 2 = \boxed{\phantom{00}}$

Finish  : Time  :

## Day 20

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

moon	name	tractor
arm	dolomite	memory
hare	aster	line
whistling	radio	tree
month	cup	school
point	granite	leaf
spike	gramophone	plow
hyphen	spoon	teacher
Earth	couple	fly
rabbit	geranium	nail

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

## Day 20

Week 3


Day 21

Stroop-test -4

Read the text below silently as quickly as possible, while saying ( out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g.                   2                   min,                   35                   sec.)

Blue	Green	Red	Yellow	Green
Yellow	Blue	Green	Yellow	Red
Green	Yellow	Red	Blue	Red
Yellow	Blue	Green	Red	Blue
Yellow	Yellow	Blue	Blue	Green
Blue	Green	Red	Red	Yellow
Blue	Green	Yellow	Green	Red
Red	Blue	Red	Yellow	Green
Green	Green	Yellow	Red	Blue
Red	Yellow	Red	Blue	Green

Time \_\_\_\_ : \_\_\_\_

**Day 22**Month  Date   
Start  : **Week 4**

$14 : 7 =$    
 $11 - 6 =$    
 $7 \times 1 =$    
 $4 + 17 =$    
 $7 : 7 =$    
 $4 \times 21 =$    
 $9 - 1 =$    
 $3 \times 8 =$    
 $4 + 28 =$    
 $7 \times 2 =$    
 $10 - 6 =$    
 $10 \times 1 =$    
 $3 : 1 =$    
 $2 \times 19 =$    
 $5 - 4 =$    
 $24 + 50 =$    
 $40 : 5 =$    
 $3 \times 7 =$    
 $15 + 30 =$    
 $6 : 3 =$    
 $7 - 6 =$    
 $10 \times 7 =$    
 $6 : 1 =$    
 $12 - 6 =$    
 $23 + 0 =$    
 $4 : 2 =$    
 $15 \times 5 =$    
 $18 - 11 =$    
 $7 \times 9 =$

$21 : 7 =$    
 $2 + 8 =$    
 $4 \times 5 =$    
 $11 - 7 =$    
 $7 \times 4 =$    
 $1 + 3 =$    
 $10 : 5 =$    
 $4 \times 8 =$    
 $2 + 3 =$    
 $9 - 4 =$    
 $1 \times 4 =$    
 $5 + 0 =$    
 $20 - 9 =$    
 $2 + 47 =$    
 $36 : 3 =$    
 $0 + 9 =$    
 $13 - 3 =$    
 $4 + 41 =$    
 $6 \times 8 =$    
 $45 : 3 =$    
 $49 - 3 =$    
 $10 + 2 =$    
 $90 : 9 =$    
 $9 \times 6 =$    
 $13 - 1 =$    
 $9 + 1 =$    
 $8 : 8 =$    
 $2 + 46 =$    
 $6 \times 7 =$

$21 \times 2 =$    
 $2 + 8 =$    
 $13 \times 3 =$    
 $24 + 1 =$    
 $36 : 18 =$    
 $67 : 1 =$    
 $1 \times 48 =$    
 $90 : 9 =$    
 $30 + 50 =$    
 $1 \times 84 =$    
 $15 - 5 =$    
 $21 \times 4 =$    
 $13 + 4 =$    
 $31 - 10 =$    
 $1 \times 23 =$    
 $25 + 2 =$    
 $23 \times 2 =$    
 $96 : 3 =$    
 $20 + 3 =$    
 $65 : 1 =$    
 $2 \times 26 =$    
 $29 - 7 =$    
 $1 \times 19 =$    
 $27 + 2 =$    
 $56 : 1 =$    
 $22 \times 2 =$    
 $50 : 1 =$    
 $66 : 1 =$    
 $18 + 6 =$

Finish  : Time  :

**Day 23**Month Date Start  : 

9 - 8 =

14 - 0 =

8 + 1 =

2 + 44 =

62 : 2 =

25 - 10 =

4 : 1 =

1 × 11 =

30 : 30 =

11 - 8 =

22 - 7 =

1 × 82 =

36 : 3 =

30 : 1 =

6 + 2 =

90 : 9 =

4 × 8 =

10 - 4 =

3 + 3 =

28 : 4 =

9 + 1 =

2 : 1 =

27 - 11 =

69 : 3 =

15 - 1 =

6 + 7 =

11 + 1 =

4 + 1 =

20 - 4 =

12 - 1 =

63 : 9 =

37 : 1 =

99 : 11 =

1 × 13 =

4 + 8 =

31 + 2 =

16 - 0 =

19 - 2 =

25 - 6 =

18 : 2 =

17 + 9 =

11 + 2 =

16 + 7 =

13 + 5 =

72 : 3 =

15 - 2 =

29 - 11 =

20 - 2 =

10 + 0 =

1 × 16 =

24 : 1 =

19 : 19 =

3 + 8 =

11 + 3 =

13 - 6 =

2 × 12 =

3 × 23 =

18 + 2 =

6 + 10 =

17 - 4 =

19 - 1 =

3 × 32 =

23 : 1 =

94 : 94 =

21 - 0 =

10 × 7 =

16 × 1 =

1 × 9 =

27 - 3 =

17 + 0 =

18 + 1 =

8 + 5 =

16 : 16 =

24 - 6 =

34 - 6 =

15 × 1 =

27 + 0 =

6 × 8 =

24 : 4 =

86 : 2 =

58 - 3 =

1 × 10 =

2 × 33 =

10 + 6 =

6 + 11 =

19 + 1 =

10 × 3 =

Finish  : Time  : 

Week 4

**Day 24**Month Date Start  : **Week 4**

$18 : 1 =$    
 $14 + 0 =$    
 $21 - 5 =$    
 $15 + 0 =$    
 $6 - 6 =$    
 $55 - 1 =$    
 $12 + 1 =$    
 $57 - 3 =$    
 $6 + 3 =$    
 $12 - 2 =$    
 $3 \times 13 =$    
 $1 \times 30 =$    
 $85 : 1 =$    
 $38 : 38 =$    
 $22 - 0 =$    
 $2 \times 6 =$    
 $31 - 4 =$    
 $8 + 4 =$    
 $2 \times 13 =$    
 $7 - 2 =$    
 $1 \times 24 =$    
 $37 : 37 =$    
 $25 - 2 =$    
 $64 : 2 =$    
 $7 + 9 =$    
 $10 \times 6 =$    
 $10 - 2 =$    
 $7 \times 4 =$    
 $10 + 7 =$

$24 \times 2 =$    
 $14 + 1 =$    
 $36 : 1 =$    
 $2 \times 40 =$    
 $12 + 9 =$    
 $7 - 1 =$    
 $21 : 3 =$    
 $43 - 4 =$    
 $4 + 9 =$    
 $3 \times 4 =$    
 $6 - 2 =$    
 $2 : 1 =$    
 $14 - 8 =$    
 $79 : 1 =$    
 $6 + 18 =$    
 $27 - 0 =$    
 $5 + 19 =$    
 $1 \times 43 =$    
 $27 : 9 =$    
 $8 - 2 =$    
 $10 + 11 =$    
 $2 \times 43 =$    
 $6 + 16 =$    
 $1 \times 66 =$    
 $2 + 15 =$    
 $32 : 1 =$    
 $1 \times 44 =$    
 $0 + 18 =$    
 $1 \times 46 =$

$9 + 2 =$    
 $5 - 5 =$    
 $3 \times 10 =$    
 $8 : 8 =$    
 $1 \times 1 =$    
 $10 + 2 =$    
 $8 : 4 =$    
 $1 \times 23 =$    
 $5 - 4 =$    
 $12 : 4 =$    
 $1 \times 2 =$    
 $8 + 0 =$    
 $18 : 6 =$    
 $2 \times 37 =$    
 $28 : 7 =$    
 $2 \times 13 =$    
 $18 : 18 =$    
 $7 \times 5 =$    
 $54 : 9 =$    
 $9 \times 7 =$    
 $15 : 15 =$    
 $10 - 9 =$    
 $76 : 76 =$    
 $1 \times 4 =$    
 $19 + 7 =$    
 $90 : 9 =$    
 $4 \times 8 =$    
 $14 - 11 =$

Finish  : Time  :

**Day 25**Month Date Start  : 

$2 + 4 =$    
 $18 : 6 =$    
 $3 \times 5 =$    
 $17 - 9 =$    
 $8 - 6 =$    
 $6 \times 4 =$    
 $1 + 2 =$    
 $5 \times 9 =$    
 $1 + 7 =$    
 $2 + 49 =$    
 $19 - 9 =$    
 $8 : 8 =$    
 $20 - 10 =$    
 $10 - 0 =$    
 $9 + 8 =$    
 $15 : 5 =$    
 $11 - 0 =$    
 $18 : 2 =$    
 $12 - 0 =$    
 $3 + 38 =$    
 $6 : 6 =$    
 $1 + 6 =$    
 $27 : 9 =$    
 $4 + 47 =$    
 $8 \times 7 =$    
 $80 : 8 =$    
 $7 + 4 =$    
 $22 : 1 =$    
 $4 \times 6 =$

$6 - 1 =$    
 $99 : 9 =$    
 $5 \times 7 =$    
 $1 + 1 =$    
 $24 : 8 =$    
 $8 \times 4 =$    
 $16 - 9 =$    
 $6 \times 9 =$    
 $4 + 3 =$    
 $2 + 0 =$    
 $18 - 9 =$    
 $5 \times 20 =$    
 $5 + 3 =$    
 $11 : 11 =$    
 $12 - 3 =$    
 $25 : 25 =$    
 $54 : 6 =$    
 $1 + 9 =$    
 $11 - 1 =$    
 $26 : 26 =$    
 $3 + 39 =$    
 $22 : 22 =$    
 $18 - 2 =$    
 $9 + 2 =$    
 $17 - 2 =$    
 $29 - 0 =$    
 $4 + 43 =$    
 $10 - 10 =$    
 $6 + 2 =$

$10 - 2 =$    
 $8 \times 6 =$    
 $15 : 1 =$    
 $65 - 7 =$    
 $84 : 12 =$    
 $62 - 4 =$    
 $9 \times 9 =$    
 $96 : 12 =$    
 $39 - 11 =$    
 $26 : 13 =$    
 $1 \times 83 =$    
 $38 : 2 =$    
 $11 - 3 =$    
 $8 \times 10 =$    
 $9 - 0 =$    
 $23 + 0 =$    
 $46 \times 1 =$    
 $16 : 2 =$    
 $17 - 11 =$    
 $9 \times 3 =$    
 $18 - 11 =$    
 $66 : 3 =$    
 $17 - 4 =$    
 $25 + 5 =$    
 $30 \times 1 =$    
 $20 - 6 =$    
 $12 : 1 =$    
 $2 \times 17 =$    
 $5 : 5 =$

**Week 4**Finish  : Time  :

# Day 26

Month Date Start  : **Week 4**

$48 : 8 =$

$17 - 1 =$

$1 + 21 =$

$2 \times 5 =$

$5 + 3 =$

$12 : 1 =$

$5 + 0 =$

$4 \times 8 =$

$20 : 10 =$

$4 \times 10 =$

$4 + 18 =$

$4 + 1 =$

$99 : 9 =$

$2 \times 4 =$

$7 - 5 =$

$7 - 4 =$

$4 : 1 =$

$14 - 6 =$

$1 + 16 =$

$40 : 10 =$

$60 : 3 =$

$1 + 13 =$

$9 - 3 =$

$4 - 3 =$

$7 \times 11 =$

$3 + 2 =$

$54 : 9 =$

$4 \times 4 =$

$9 - 9 =$

$3 : 1 =$

$3 \times 16 =$

$26 - 7 =$

$87 : 1 =$

$4 \times 13 =$

$5 + 10 =$

$5 : 5 =$

$10 - 3 =$

$63 : 3 =$

$1 \times 12 =$

$40 : 8 =$

$5 \times 8 =$

$14 - 10 =$

$24 : 6 =$

$2 \times 14 =$

$11 - 1 =$

$24 : 24 =$

$2 + 6 =$

$68 : 1 =$

$8 \times 7 =$

$90 : 10 =$

$2 + 3 =$

$27 \times 1 =$

$29 - 4 =$

$20 : 2 =$

$4 + 16 =$

$3 + 15 =$

$31 : 31 =$

$7 \times 11 =$

$4 \times 6 =$

$34 : 1 =$

$22 - 9 =$

$36 : 4 =$

$4 + 9 =$

$21 - 6 =$

$32 : 1 =$

$25 - 9 =$

$40 : 5 =$

$6 + 9 =$

$1 \times 17 =$

$24 - 8 =$

$35 : 5 =$

$9 + 7 =$

$29 - 9 =$

$72 : 2 =$

$29 - 8 =$

$19 + 9 =$

$5 + 9 =$

$3 \times 14 =$

$43 : 43 =$

$56 : 8 =$

$21 : 7 =$

$1 \times 32 =$

$45 : 1 =$

$28 + 0 =$

$42 : 7 =$

$28 : 7 =$

$25 - 6 =$

Finish  : Time  :

# Day 27

Week 4

- 1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.**

sec.

- 2. Memorize maximum amount of words in  
2 minutes .**

dream	hair	map
skiing	bench	flower
century	paddle	horse
mountain	bagel	wall
plum	pepper	noise
lamp	sheep	sound
pear	finger	boar
shine	saucer	log
skates	cap	beam
table	mast	circle

**Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.**

words

## Day 27

**Week 4**


Day-28

### Stroop-test-5

Read the text below silently as quickly as possible, while saying ( out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.

(e.g.                   2                   min,                   35                   sec.)

<b>Red</b>	<b>Yellow</b>	<b>Blue</b>	<b>Green</b>	<b>Red</b>
<b>Blue</b>	<b>Red</b>	<b>Green</b>	<b>Yellow</b>	<b>Blue</b>
<b>Red</b>	<b>Blue</b>	<b>Yellow</b>	<b>Blue</b>	<b>Green</b>
<b>Blue</b>	<b>Yellow</b>	<b>Green</b>	<b>Red</b>	<b>Red</b>
<b>Red</b>	<b>Blue</b>	<b>Green</b>	<b>Green</b>	<b>Yellow</b>
<b>Green</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>	<b>Yellow</b>
<b>Yellow</b>	<b>Red</b>	<b>Yellow</b>	<b>Blue</b>	<b>Green</b>
<b>Green</b>	<b>Green</b>	<b>Yellow</b>	<b>Blue</b>	<b>Red</b>
<b>Blue</b>	<b>Green</b>	<b>Red</b>	<b>Yellow</b>	<b>Red</b>
<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>	<b>Blue</b>	<b>Green</b>

Time \_\_\_\_ : \_\_\_\_

**Day 29**Month Date Start  : **Week 5**

$5 - 6 =$    
 $5 \times 12 =$    
 $5 + 4 =$    
 $21 : 7 =$    
 $14 - 6 =$    
 $86 : 1 =$    
 $2 \times 15 =$    
 $2 + 2 =$    
 $4 + 13 =$    
 $1 \times 15 =$    
 $95 : 95 =$    
 $29 - 7 =$    
 $11 + 0 =$    
 $50 : 10 =$    
 $2 \times 16 =$    
 $34 : 34 =$    
 $4 + 10 =$    
 $18 : 6 =$    
 $9 - 8 =$    
 $15 \times 3 =$    
 $4 + 34 =$    
 $2 \times 28 =$    
 $3 + 8 =$    
 $90 : 1 =$    
 $4 + 2 =$    
 $46 : 2 =$    
 $1 \times 98 =$    
 $17 + 1 =$    
 $32 : 8 =$

$48 : 12 =$    
 $5 + 5 =$    
 $2 \times 9 =$    
 $14 - 10 =$    
 $20 : 5 =$    
 $36 : 3 =$    
 $3 \times 20 =$    
 $6 + 2 =$    
 $22 : 22 =$    
 $24 : 6 =$    
 $25 \times 3 =$    
 $18 : 3 =$    
 $19 - 10 =$    
 $10 - 6 =$    
 $9 \times 11 =$    
 $15 - 6 =$    
 $7 \times 8 =$    
 $14 - 9 =$    
 $36 : 3 =$    
 $15 + 0 =$    
 $55 : 5 =$    
 $5 \times 16 =$    
 $16 - 6 =$    
 $88 : 8 =$    
 $6 \times 6 =$    
 $72 : 6 =$    
 $18 - 9 =$    
 $3 \times 6 =$    
 $21 - 10 =$

$3 \times 1 =$    
 $11 : 1 =$    
 $0 + 4 =$    
 $3 \times 2 =$    
 $5 + 4 =$    
 $66 : 3 =$    
 $2 \times 17 =$    
 $3 + 19 =$    
 $14 : 1 =$    
 $1 + 2 =$    
 $3 + 18 =$    
 $1 + 17 =$    
 $11 - 4 =$    
 $18 : 9 =$    
 $1 + 11 =$    
 $63 : 7 =$    
 $3 - 2 =$    
 $80 : 8 =$    
 $0 + 7 =$    
 $26 : 2 =$    
 $2 + 13 =$    
 $12 - 1 =$    
 $7 - 3 =$    
 $0 + 9 =$    
 $0 + 13 =$    
 $3 \times 2 =$    
 $1 - 1 =$    
 $24 : 8 =$    
 $1 + 26 =$

Finish  : Time  :

**Day 30**Month  Date Start  : 

$6 - 6 =$    
 $62 : 1 =$    
 $1 \times 29 =$    
 $25 \times 2 =$    
 $6 + 8 =$    
 $66 : 3 =$    
 $8 - 3 =$    
 $1 \times 16 =$    
 $4 + 5 =$    
 $8 \times 9 =$    
 $1 + 6 =$    
 $2 \times 19 =$    
 $36 : 2 =$    
 $1 \times 34 =$    
 $1 \times 19 =$    
 $23 - 9 =$    
 $1 \times 33 =$    
 $91 : 91 =$    
 $22 - 10 =$    
 $2 \times 31 =$    
 $1 \times 97 =$    
 $10 - 9 =$    
 $6 : 1 =$    
 $1 \times 92 =$    
 $2 + 8 =$    
 $91 : 1 =$    
 $20 - 6 =$    
 $40 : 2 =$    
 $90 : 90 =$

$35 + 0 =$    
 $14 : 1 =$    
 $5 \times 3 =$    
 $15 : 3 =$    
 $19 - 7 =$    
 $45 \times 1 =$    
 $10 : 2 =$    
 $37 - 11 =$    
 $1 \times 88 =$    
 $18 - 6 =$    
 $9 - 6 =$    
 $36 : 2 =$    
 $88 : 4 =$    
 $8 \times 8 =$    
 $20 : 1 =$    
 $2 \times 42 =$    
 $17 - 8 =$    
 $7 + 1 =$    
 $69 : 3 =$    
 $21 - 2 =$    
 $72 : 3 =$    
 $1 \times 62 =$    
 $10 - 1 =$    
 $24 : 1 =$    
 $4 \times 10 =$    
 $48 : 2 =$    
 $22 - 2 =$    
 $1 \times 20 =$    
 $27 : 3 =$

$6 \times 1 =$    
 $2 - 2 =$    
 $14 - 4 =$    
 $24 : 6 =$    
 $5 + 2 =$    
 $7 - 7 =$    
 $7 \times 9 =$    
 $8 + 4 =$    
 $5 \times 1 =$    
 $2 \times 16 =$    
 $12 - 7 =$    
 $4 + 10 =$    
 $3 : 3 =$    
 $7 \times 3 =$    
 $7 : 7 =$    
 $6 + 19 =$    
 $9 + 4 =$    
 $50 : 10 =$    
 $3 + 22 =$    
 $20 : 1 =$    
 $7 + 0 =$    
 $8 \times 9 =$    
 $60 : 10 =$    
 $5 + 22 =$    
 $12 : 6 =$    
 $12 - 11 =$    
 $16 : 2 =$    
 $7 + 16 =$    
 $15 : 3 =$

Finish  : Time  : **Week 5**

# Day 31

Month Date Start  : **Week 5**

$59 : 1 =$

$11 \times 3 =$

$58 : 1 =$

$5 + 1 =$

$2 \times 20 =$

$0 + 11 =$

$25 \times 3 =$

$2 + 10 =$

$18 - 8 =$

$2 \times 38 =$

$4 + 4 =$

$5 + 8 =$

$1 \times 18 =$

$36 : 9 =$

$12 - 11 =$

$75 : 25 =$

$2 \times 33 =$

$19 - 8 =$

$2 \times 34 =$

$24 - 6 =$

$3 + 7 =$

$3 \times 32 =$

$20 - 9 =$

$10 \times 2 =$

$20 - 8 =$

$22 - 11 =$

$15 \times 4 =$

$6 + 1 =$

$52 : 2 =$

$7 + 10 =$

$33 : 3 =$

$9 \times 8 =$

$15 - 10 =$

$40 : 4 =$

$5 + 12 =$

$3 \times 10 =$

$14 - 10 =$

$15 \times 4 =$

$4 : 2 =$

$6 + 9 =$

$17 \times 2 =$

$6 : 6 =$

$20 : 2 =$

$21 : 3 =$

$6 + 2 =$

$9 \times 4 =$

$20 - 10 =$

$2 \times 20 =$

$21 - 8 =$

$7 + 8 =$

$55 : 5 =$

$12 - 5 =$

$9 + 2 =$

$21 - 9 =$

$9 : 1 =$

$5 + 16 =$

$17 - 2 =$

$2 + 6 =$

$11 + 6 =$

$20 : 4 =$

$19 - 6 =$

$3 \times 4 =$

$12 - 6 =$

$10 + 3 =$

$30 : 10 =$

$4 \times 7 =$

$33 - 7 =$

$99 : 99 =$

$1 + 7 =$

$8 \times 5 =$

$18 - 11 =$

$24 : 3 =$

$8 + 6 =$

$4 \times 8 =$

$45 : 9 =$

$25 - 7 =$

$8 : 2 =$

$9 \times 6 =$

$53 - 4 =$

$2 + 7 =$

$88 : 1 =$

$22 - 4 =$

$1 \times 100 =$

$1 + 9 =$

$6 \times 7 =$

$14 : 2 =$

$2 \times 44 =$

Finish  : Time  :

**Day 32**Month Date Start  : 

$50 \times 2 =$

$6 \times 9 =$

$11 \times 8 =$

$31 - 7 =$

$11 + 0 =$

$16 : 2 =$

$38 : 2 =$

$3 : 3 =$

$3 + 0 =$

$23 + 7 =$

$10 + 0 =$

$9 - 6 =$

$3 + 13 =$

$10 \times 4 =$

$88 : 8 =$

$80 : 10 =$

$1 - 1 =$

$5 + 13 =$

$10 - 7 =$

$15 \times 3 =$

$3 + 14 =$

$2 \times 5 =$

$7 : 7 =$

$32 : 2 =$

$14 \times 3 =$

$2 \times 11 =$

$38 : 1 =$

$68 : 4 =$

$7 - 6 =$

$13 \times 3 =$

$35 + 30 =$

$32 : 8 =$

$74 : 2 =$

$29 \times 2 =$

$3 \times 12 =$

$100 : 5 =$

$1 + 20 =$

$45 : 5 =$

$1 \times 47 =$

$1 \times 50 =$

$4 \times 5 =$

$0 + 20 =$

$2 + 20 =$

$4 - 2 =$

$27 - 2 =$

$60 : 3 =$

$11 + 4 =$

$42 : 2 =$

$30 \times 3 =$

$7 \times 6 =$

$11 + 11 =$

$30 - 0 =$

$33 : 11 =$

$4 + 15 =$

$4 \times 5 =$

$3 + 5 =$

$33 - 10 =$

$30 \times 2 =$

$44 : 11 =$

$1 \times 49 =$

$13 + 4 =$

$36 \times 1 =$

$57 : 3 =$

$50 : 5 =$

$16 + 7 =$

$2 \times 50 =$

$14 - 9 =$

$16 : 16 =$

$2 + 19 =$

$37 \times 1 =$

$3 + 6 =$

$6 - 3 =$

$33 \times 1 =$

$66 : 11 =$

$9 \times 4 =$

$12 + 10 =$

$32 \times 3 =$

$44 : 22 =$

$9 \times 3 =$

$8 - 7 =$

$8 \times 12 =$

$64 : 64 =$

$99 : 99 =$

$29 - 8 =$

$35 - 11 =$

$3 + 7 =$

$11 + 10 =$

Finish  : Time  : **Week 5**

# Day 33

Month Date Start  : **Week 5**

$4 + 17 = \boxed{\phantom{00}}$   
 $11 - 5 = \boxed{\phantom{00}}$   
 $15 \times 1 = \boxed{\phantom{00}}$   
 $6 + 3 = \boxed{\phantom{00}}$   
 $14 - 1 = \boxed{\phantom{00}}$   
 $4 \times 20 = \boxed{\phantom{00}}$   
 $3 : 1 = \boxed{\phantom{00}}$   
 $6 + 11 = \boxed{\phantom{00}}$   
 $3 \times 11 = \boxed{\phantom{00}}$   
 $15 - 9 = \boxed{\phantom{00}}$   
 $4 + 15 = \boxed{\phantom{00}}$   
 $7 \times 10 = \boxed{\phantom{00}}$   
 $4 \times 3 = \boxed{\phantom{00}}$   
 $18 - 9 = \boxed{\phantom{00}}$   
 $36 : 3 = \boxed{\phantom{00}}$   
 $7 + 7 = \boxed{\phantom{00}}$   
 $12 : 1 = \boxed{\phantom{00}}$   
 $6 + 0 = \boxed{\phantom{00}}$   
 $21 - 11 = \boxed{\phantom{00}}$   
 $1 \times 19 = \boxed{\phantom{00}}$   
 $9 + 5 = \boxed{\phantom{00}}$   
 $20 - 11 = \boxed{\phantom{00}}$   
 $2 + 19 = \boxed{\phantom{00}}$   
 $6 \times 3 = \boxed{\phantom{00}}$   
 $15 - 4 = \boxed{\phantom{00}}$   
 $10 : 1 = \boxed{\phantom{00}}$   
 $2 + 5 = \boxed{\phantom{00}}$   
 $19 - 7 = \boxed{\phantom{00}}$   
 $16 - 4 = \boxed{\phantom{00}}$

$4 + 22 = \boxed{\phantom{00}}$   
 $6 \times 15 = \boxed{\phantom{00}}$   
 $21 - 8 = \boxed{\phantom{00}}$   
 $18 + 0 = \boxed{\phantom{00}}$   
 $2 - 1 = \boxed{\phantom{00}}$   
 $1 \times 48 = \boxed{\phantom{00}}$   
 $16 + 7 = \boxed{\phantom{00}}$   
 $25 - 1 = \boxed{\phantom{00}}$   
 $32 : 32 = \boxed{\phantom{00}}$   
 $2 \times 22 = \boxed{\phantom{00}}$   
 $24 - 3 = \boxed{\phantom{00}}$   
 $10 + 2 = \boxed{\phantom{00}}$   
 $59 - 1 = \boxed{\phantom{00}}$   
 $25 + 0 = \boxed{\phantom{00}}$   
 $9 \times 5 = \boxed{\phantom{00}}$   
 $33 - 8 = \boxed{\phantom{00}}$   
 $3 + 11 = \boxed{\phantom{00}}$   
 $6 - 1 = \boxed{\phantom{00}}$   
 $33 + 9 = \boxed{\phantom{00}}$   
 $5 - 3 = \boxed{\phantom{00}}$   
 $48 : 6 = \boxed{\phantom{00}}$   
 $11 - 2 = \boxed{\phantom{00}}$   
 $1 \times 26 = \boxed{\phantom{00}}$   
 $10 + 4 = \boxed{\phantom{00}}$   
 $18 - 4 = \boxed{\phantom{00}}$   
 $10 \times 4 = \boxed{\phantom{00}}$   
 $66 : 6 = \boxed{\phantom{00}}$   
 $1 \times 84 = \boxed{\phantom{00}}$   
 $10 + 5 = \boxed{\phantom{00}}$

$17 \times 5 = \boxed{\phantom{00}}$   
 $5 + 11 = \boxed{\phantom{00}}$   
 $27 - 10 = \boxed{\phantom{00}}$   
 $80 : 8 = \boxed{\phantom{00}}$   
 $15 \times 6 = \boxed{\phantom{00}}$   
 $28 - 10 = \boxed{\phantom{00}}$   
 $84 : 3 = \boxed{\phantom{00}}$   
 $1 \times 42 = \boxed{\phantom{00}}$   
 $11 - 11 = \boxed{\phantom{00}}$   
 $66 : 11 = \boxed{\phantom{00}}$   
 $23 - 1 = \boxed{\phantom{00}}$   
 $28 : 1 = \boxed{\phantom{00}}$   
 $1 \times 91 = \boxed{\phantom{00}}$   
 $30 - 11 = \boxed{\phantom{00}}$   
 $12 \times 3 = \boxed{\phantom{00}}$   
 $35 - 10 = \boxed{\phantom{00}}$   
 $21 \times 2 = \boxed{\phantom{00}}$   
 $32 - 7 = \boxed{\phantom{00}}$   
 $1 \times 40 = \boxed{\phantom{00}}$   
 $34 - 5 = \boxed{\phantom{00}}$   
 $58 : 2 = \boxed{\phantom{00}}$   
 $20 \times 5 = \boxed{\phantom{00}}$   
 $33 : 1 = \boxed{\phantom{00}}$   
 $32 \times 1 = \boxed{\phantom{00}}$   
 $29 + 0 = \boxed{\phantom{00}}$   
 $8 - 6 = \boxed{\phantom{00}}$   
 $2 \times 49 = \boxed{\phantom{00}}$   
 $31 + 0 = \boxed{\phantom{00}}$   
 $17 - 7 = \boxed{\phantom{00}}$

Finish  : Time  :

## Day 34

Week 5

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

exchange	planet	spear
feather	squirrel	bird
ship	scream	dream
word	comma	egg
tulle	hammer	sand
notebook	letter	water
Spring	bullet	lion
bell	gopher	poet
cement	moon	kitten
heat	kvass	sword

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

## Day 34

Week 5


Day-35

Stroop-test-6

Read the text below silently as quickly as possible, while saying ( out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g.                   2                   min,                   35                   sec.)

<b>Red</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Red</b>
<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Blue</b>	<b>Blue</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Green</b>
<b>Yellow</b>	<b>Blue</b>	<b>Green</b>	<b>Blue</b>	<b>Red</b>
<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Green</b>	<b>Green</b>	<b>Red</b>	<b>Yellow</b>	<b>Blue</b>
<b>Red</b>	<b>Red</b>	<b>Yellow</b>	<b>Blue</b>	<b>Green</b>
<b>Red</b>	<b>Red</b>	<b>Green</b>	<b>Yellow</b>	<b>Blue</b>
<b>Red</b>	<b>Green</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>
<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>	<b>Green</b>

Time \_\_\_\_ : \_\_\_\_

# Day 36

Month  Date   
Start  :

**Week 6**

$19 + 0 =$    
 $1 \times 80 =$    
 $12 \times 6 =$    
 $15 - 6 =$    
 $21 + 0 =$    
 $54 : 2 =$    
 $24 - 7 =$    
 $11 \times 6 =$    
 $23 - 0 =$    
 $1 \times 35 =$    
 $28 - 8 =$    
 $10 \times 8 =$    
 $26 + 0 =$    
 $11 - 9 =$    
 $90 : 30 =$    
 $35 + 0 =$    
 $12 - 6 =$    
 $76 : 76 =$    
 $1 \times 37 =$    
 $25 - 0 =$    
 $14 \times 2 =$    
 $61 - 3 =$    
 $1 \times 39 =$    
 $30 + 0 =$    
 $18 - 6 =$    
 $18 : 9 =$    
 $18 \times 2 =$    
 $34 - 7 =$    
 $16 + 2 =$

$9 : 9 =$    
 $17 + 7 =$    
 $7 \times 11 =$    
 $3 - 3 =$    
 $19 + 5 =$    
 $14 + 3 =$    
 $4 \times 25 =$    
 $20 : 10 =$    
 $35 \times 1 =$    
 $14 : 7 =$    
 $2 \times 12 =$    
 $21 + 5 =$    
 $5 + 3 =$    
 $20 \times 5 =$    
 $10 - 10 =$    
 $36 : 9 =$    
 $7 \times 7 =$    
 $12 : 12 =$    
 $36 \times 2 =$    
 $17 : 17 =$    
 $5 + 1 =$    
 $19 : 19 =$    
 $20 + 6 =$    
 $1 \times 99 =$    
 $90 : 10 =$    
 $21 + 6 =$    
 $6 \times 10 =$    
 $46 : 23 =$    
 $47 \times 1 =$

$1 \times 9 =$    
 $27 : 3 =$    
 $16 - 3 =$    
 $3 + 5 =$    
 $2 : 2 =$    
 $3 + 14 =$    
 $16 - 9 =$    
 $6 + 5 =$    
 $5 \times 11 =$    
 $4 + 2 =$    
 $5 : 1 =$    
 $0 + 8 =$    
 $19 - 8 =$    
 $5 : 5 =$    
 $4 + 5 =$    
 $2 \times 1 =$    
 $7 + 6 =$    
 $6 : 2 =$    
 $7 + 12 =$    
 $5 \times 2 =$    
 $1 + 7 =$    
 $5 \times 6 =$    
 $2 - 0 =$    
 $4 + 1 =$    
 $18 - 6 =$    
 $7 : 1 =$    
 $2 + 11 =$    
 $19 - 6 =$    
 $3 + 6 =$

Finish  :

Time  :

**Day 37**Month Date Start  : **Week 6**

$5 : 5 =$

$12 + 6 =$

$1 + 4 =$

$10 - 5 =$

$21 \times 3 =$

$9 - 6 =$

$17 : 1 =$

$8 + 10 =$

$2 : 2 =$

$6 - 1 =$

$27 : 3 =$

$6 \times 2 =$

$1 \times 70 =$

$11 + 9 =$

$3 : 1 =$

$1 \times 11 =$

$18 \times 3 =$

$3 - 0 =$

$1 + 3 =$

$14 : 1 =$

$3 + 1 =$

$15 - 6 =$

$13 + 1 =$

$25 \times 4 =$

$19 : 1 =$

$1 \times 28 =$

$64 : 8 =$

$7 \times 7 =$

$26 : 2 =$

$12 - 4 =$

$10 : 2 =$

$21 \times 4 =$

$3 \times 22 =$

$13 - 6 =$

$17 - 10 =$

$4 : 1 =$

$14 - 7 =$

$19 : 19 =$

$13 - 4 =$

$8 - 2 =$

$0 + 2 =$

$7 \times 7 =$

$5 + 4 =$

$4 \times 4 =$

$7 : 1 =$

$11 - 1 =$

$14 - 11 =$

$1 \times 38 =$

$1 + 24 =$

$5 + 30 =$

$22 : 2 =$

$24 : 3 =$

$56 : 8 =$

$7 - 6 =$

$0 + 2 =$

$8 - 1 =$

$21 : 3 =$

$1 \times 6 =$

$45 : 15 =$

$15 \times 5 =$

$9 - 1 =$

$9 + 11 =$

$6 - 1 =$

$5 + 21 =$

$1 \times 45 =$

$9 : 1 =$

$4 + 14 =$

$1 \times 69 =$

$19 - 9 =$

$2 \times 7 =$

$3 + 17 =$

$5 \times 4 =$

$4 + 3 =$

$84 : 84 =$

$24 : 2 =$

$6 + 21 =$

$8 + 12 =$

$18 - 8 =$

$21 : 3 =$

$82 : 82 =$

$2 \times 3 =$

$1 - 0 =$

$0 + 19 =$

$29 : 29 =$

$4 \times 15 =$

$13 - 6 =$

$10 - 6 =$

Finish  : Time  :

**Day 38**Month  Date   
Start  : **Week 6**

$13 + 2 =$    
 $27 - 6 =$    
 $10 : 5 =$    
 $1 \times 29 =$    
 $6 - 1 =$    
 $36 \times 2 =$    
 $7 - 4 =$    
 $22 \times 4 =$    
 $12 : 1 =$    
 $28 - 6 =$    
 $14 + 3 =$    
 $11 \times 7 =$    
 $7 + 9 =$    
 $3 + 16 =$    
 $4 + 15 =$    
 $4 - 2 =$    
 $1 \times 35 =$    
 $14 + 1 =$    
 $7 - 5 =$    
 $29 \times 2 =$    
 $9 - 6 =$    
 $6 + 13 =$    
 $20 \times 4 =$    
 $30 : 5 =$    
 $63 - 7 =$    
 $24 - 10 =$    
 $29 - 6 =$    
 $21 \times 1 =$    
 $15 - 8 =$

$2 \times 8 =$    
 $3 : 3 =$    
 $2 + 3 =$    
 $63 : 7 =$    
 $1 \times 45 =$    
 $4 : 2 =$    
 $4 + 1 =$    
 $72 : 8 =$    
 $3 \times 21 =$    
 $20 : 4 =$    
 $11 \times 3 =$    
 $8 : 2 =$    
 $7 - 2 =$    
 $36 : 4 =$    
 $15 \times 3 =$    
 $12 - 8 =$    
 $33 : 3 =$    
 $33 + 0 =$    
 $12 : 2 =$    
 $16 \times 3 =$    
 $14 + 0 =$    
 $20 : 2 =$    
 $8 \times 4 =$    
 $9 + 0 =$    
 $33 : 3 =$    
 $1 \times 2 =$    
 $20 - 10 =$    
 $2 \times 39 =$    
 $30 : 30 =$

$10 - 0 =$    
 $63 : 9 =$    
 $20 - 4 =$    
 $54 : 18 =$    
 $0 + 13 =$    
 $80 : 5 =$    
 $1 \times 58 =$    
 $45 : 3 =$    
 $10 + 10 =$    
 $90 : 9 =$    
 $14 + 2 =$    
 $4 \times 11 =$    
 $17 : 1 =$    
 $0 + 14 =$    
 $9 \times 11 =$    
 $1 + 14 =$    
 $2 \times 10 =$    
 $35 - 7 =$    
 $1 + 13 =$    
 $1 \times 61 =$    
 $60 : 20 =$    
 $8 \times 4 =$    
 $26 - 0 =$    
 $100 : 20 =$    
 $5 \times 11 =$    
 $26 - 2 =$    
 $5 + 16 =$    
 $40 : 20 =$    
 $29 - 6 =$

Finish  : Time  :

**Day 39**Month Date Start  : 

$35 + 2 =$

$45 : 3 =$

$16 - 4 =$

$6 \times 1 =$

$9 - 3 =$

$13 : 1 =$

$34 - 5 =$

$26 : 26 =$

$8 \times 1 =$

$16 - 8 =$

$21 : 1 =$

$1 \times 30 =$

$51 - 10 =$

$7 \times 1 =$

$2 \times 43 =$

$60 - 6 =$

$4 \times 1 =$

$60 : 3 =$

$4 \times 11 =$

$13 - 0 =$

$5 \times 10 =$

$75 : 3 =$

$12 : 6 =$

$21 - 7 =$

$15 - 2 =$

$1 \times 58 =$

$24 - 4 =$

$16 - 3 =$

$8 \times 7 =$

$9 \times 4 =$

$11 - 3 =$

$10 : 2 =$

$1 \times 24 =$

$12 - 4 =$

$5 + 4 =$

$3 \times 4 =$

$4 + 5 =$

$8 \times 9 =$

$40 : 4 =$

$5 + 3 =$

$18 - 8 =$

$17 - 4 =$

$15 - 4 =$

$3 + 8 =$

$44 : 4 =$

$17 - 3 =$

$18 : 6 =$

$2 + 9 =$

$12 - 2 =$

$39 : 13 =$

$47 - 3 =$

$0 + 10 =$

$41 - 3 =$

$4 + 46 =$

$8 - 0 =$

$8 \times 6 =$

$30 : 30 =$

$20 - 2 =$

$6 + 0 =$

$5 \times 15 =$

$8 - 4 =$

$60 : 30 =$

$12 - 7 =$

$17 \times 1 =$

$19 - 11 =$

$5 + 6 =$

$19 - 8 =$

$6 + 8 =$

$20 - 3 =$

$0 + 7 =$

$5 + 5 =$

$77 : 7 =$

$10 - 1 =$

$26 : 13 =$

$4 + 9 =$

$24 : 24 =$

$3 + 9 =$

$38 : 38 =$

$9 + 6 =$

$19 - 6 =$

$4 + 45 =$

$34 : 17 =$

$16 - 3 =$

$5 + 9 =$

$31 : 31 =$

$8 + 2 =$

$29 : 29 =$

Finish  : Time  : **Week 6**

**Day 40**Month  Date Start  : **Week 6**

$6 \times 7 =$    
 $34 + 0 =$    
 $60 - 2 =$    
 $32 : 2 =$    
 $44 \times 1 =$    
 $23 - 11 =$    
 $25 : 25 =$    
 $22 - 10 =$    
 $17 \times 2 =$    
 $16 - 10 =$    
 $22 : 1 =$    
 $10 - 3 =$    
 $39 \times 2 =$    
 $52 - 10 =$    
 $11 \times 1 =$    
 $8 : 1 =$    
 $33 : 33 =$    
 $10 \times 5 =$    
 $10 : 1 =$    
 $50 - 8 =$    
 $63 : 3 =$    
 $53 - 10 =$    
 $22 \times 4 =$    
 $18 : 2 =$    
 $31 - 7 =$    
 $5 \times 5 =$    
 $12 - 5 =$    
 $20 : 2 =$    
 $32 : 32 =$

$7 + 8 =$    
 $35 \times 2 =$    
 $15 - 5 =$    
 $1 + 14 =$    
 $1 \times 28 =$    
 $84 : 4 =$    
 $10 + 6 =$    
 $5 - 3 =$    
 $1 \times 41 =$    
 $15 : 5 =$    
 $11 + 5 =$    
 $3 - 2 =$    
 $88 : 4 =$    
 $11 \times 5 =$    
 $5 - 1 =$    
 $29 \times 1 =$    
 $5 + 12 =$    
 $4 + 16 =$    
 $4 - 1 =$    
 $2 \times 40 =$    
 $40 : 5 =$    
 $10 + 8 =$    
 $22 - 8 =$    
 $20 \times 1 =$    
 $32 : 4 =$    
 $25 - 10 =$    
 $35 : 5 =$    
 $25 - 3 =$    
 $2 \times 44 =$

$11 : 1 =$    
 $21 - 1 =$    
 $14 : 7 =$    
 $16 - 5 =$    
 $4 - 3 =$    
 $22 - 2 =$    
 $2 \times 31 =$    
 $7 - 1 =$    
 $1 + 15 =$    
 $5 + 17 =$    
 $2 \times 33 =$    
 $2 - 1 =$    
 $2 + 16 =$    
 $1 + 11 =$    
 $1 \times 33 =$    
 $10 - 4 =$    
 $23 - 1 =$    
 $99 : 3 =$    
 $30 - 0 =$    
 $1 \times 46 =$    
 $40 : 4 =$    
 $8 + 9 =$    
 $3 - 1 =$    
 $48 : 6 =$    
 $5 - 2 =$    
 $2 \times 38 =$    
 $3 + 15 =$    
 $4 - 4 =$    
 $18 \times 2 =$

Finish  : Time  :

# Day 41

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

dream	cup	hammer
skiing	husband	day
century	sandstone	bed
mountain	rose	iron
plum	record-player	cheese
lamp	phone	butter
pear	may-lily	month
shine	knife	bollard
skates	basalt	torchere
table	surname	shovel

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

## Day 41

**Week 6**


Day 42

Stroop-test 7

Read the text below silently as quickly as possible, while saying ( out loud) the

color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

<b>Yellow</b>	<b>Green</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Red</b>	<b>Yellow</b>	<b>Blue</b>	<b>Red</b>	<b>Green</b>
<b>Red</b>	<b>Red</b>	<b>Blue</b>	<b>Green</b>	<b>Yellow</b>
<b>Red</b>	<b>Green</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>
<b>Red</b>	<b>Blue</b>	<b>Red</b>	<b>Yellow</b>	<b>Green</b>
<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Blue</b>	<b>Blue</b>	<b>Yellow</b>	<b>Yellow</b>	<b>Blue</b>
<b>Yellow</b>	<b>Blue</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>
<b>Green</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>	<b>Blue</b>
<b>Blue</b>	<b>Yellow</b>	<b>Red</b>	<b>Blue</b>	<b>Green</b>

Time \_\_\_\_ : \_\_\_\_

**Day 43**Month  Date Start :**Week 7**

$28 : 14 = \boxed{\phantom{00}}$   
 $23 \times 3 = \boxed{\phantom{00}}$   
 $14 - 1 = \boxed{\phantom{00}}$   
 $3 \times 3 = \boxed{\phantom{00}}$   
 $21 - 8 = \boxed{\phantom{00}}$   
 $66 : 2 = \boxed{\phantom{00}}$   
 $31 : 1 = \boxed{\phantom{00}}$   
 $7 + 5 = \boxed{\phantom{00}}$   
 $23 - 7 = \boxed{\phantom{00}}$   
 $64 : 2 = \boxed{\phantom{00}}$   
 $21 + 7 = \boxed{\phantom{00}}$   
 $17 - 0 = \boxed{\phantom{00}}$   
 $3 + 9 = \boxed{\phantom{00}}$   
 $20 + 9 = \boxed{\phantom{00}}$   
 $30 - 10 = \boxed{\phantom{00}}$   
 $5 + 7 = \boxed{\phantom{00}}$   
 $27 - 6 = \boxed{\phantom{00}}$   
 $44 : 44 = \boxed{\phantom{00}}$   
 $20 - 0 = \boxed{\phantom{00}}$   
 $2 \times 32 = \boxed{\phantom{00}}$   
 $8 + 10 = \boxed{\phantom{00}}$   
 $60 : 15 = \boxed{\phantom{00}}$   
 $1 \times 23 = \boxed{\phantom{00}}$   
 $46 : 46 = \boxed{\phantom{00}}$   
 $54 : 9 = \boxed{\phantom{00}}$   
 $35 : 7 = \boxed{\phantom{00}}$   
 $1 \times 31 = \boxed{\phantom{00}}$   
 $48 : 8 = \boxed{\phantom{00}}$   
 $88 : 2 = \boxed{\phantom{00}}$

$34 : 34 = \boxed{\phantom{00}}$   
 $45 : 5 = \boxed{\phantom{00}}$   
 $12 - 6 = \boxed{\phantom{00}}$   
 $25 : 5 = \boxed{\phantom{00}}$   
 $20 + 8 = \boxed{\phantom{00}}$   
 $21 - 4 = \boxed{\phantom{00}}$   
 $42 : 6 = \boxed{\phantom{00}}$   
 $16 + 4 = \boxed{\phantom{00}}$   
 $1 \times 18 = \boxed{\phantom{00}}$   
 $40 : 4 = \boxed{\phantom{00}}$   
 $18 + 8 = \boxed{\phantom{00}}$   
 $8 + 8 = \boxed{\phantom{00}}$   
 $25 - 11 = \boxed{\phantom{00}}$   
 $19 + 8 = \boxed{\phantom{00}}$   
 $28 - 9 = \boxed{\phantom{00}}$   
 $1 \times 14 = \boxed{\phantom{00}}$   
 $70 : 14 = \boxed{\phantom{00}}$   
 $10 + 9 = \boxed{\phantom{00}}$   
 $39 : 39 = \boxed{\phantom{00}}$   
 $36 : 9 = \boxed{\phantom{00}}$   
 $12 + 1 = \boxed{\phantom{00}}$   
 $11 \times 7 = \boxed{\phantom{00}}$   
 $98 : 14 = \boxed{\phantom{00}}$   
 $45 : 9 = \boxed{\phantom{00}}$   
 $30 : 15 = \boxed{\phantom{00}}$   
 $1 \times 33 = \boxed{\phantom{00}}$   
 $25 - 8 = \boxed{\phantom{00}}$   
 $20 + 2 = \boxed{\phantom{00}}$   
 $2 \times 18 = \boxed{\phantom{00}}$

$40 : 10 = \boxed{\phantom{00}}$   
 $1 \times 52 = \boxed{\phantom{00}}$   
 $9 - 6 = \boxed{\phantom{00}}$   
 $28 : 7 = \boxed{\phantom{00}}$   
 $3 + 14 = \boxed{\phantom{00}}$   
 $3 \times 1 = \boxed{\phantom{00}}$   
 $14 - 2 = \boxed{\phantom{00}}$   
 $2 \times 12 = \boxed{\phantom{00}}$   
 $34 : 2 = \boxed{\phantom{00}}$   
 $1 \times 15 = \boxed{\phantom{00}}$   
 $2 - 0 = \boxed{\phantom{00}}$   
 $3 \times 2 = \boxed{\phantom{00}}$   
 $1 - 0 = \boxed{\phantom{00}}$   
 $1 \times 16 = \boxed{\phantom{00}}$   
 $10 - 5 = \boxed{\phantom{00}}$   
 $8 : 1 = \boxed{\phantom{00}}$   
 $80 : 4 = \boxed{\phantom{00}}$   
 $10 - 3 = \boxed{\phantom{00}}$   
 $1 + 24 = \boxed{\phantom{00}}$   
 $20 : 20 = \boxed{\phantom{00}}$   
 $2 \times 25 = \boxed{\phantom{00}}$   
 $0 + 25 = \boxed{\phantom{00}}$   
 $3 - 0 = \boxed{\phantom{00}}$   
 $2 + 5 = \boxed{\phantom{00}}$   
 $4 - 1 = \boxed{\phantom{00}}$   
 $1 + 8 = \boxed{\phantom{00}}$   
 $48 : 12 = \boxed{\phantom{00}}$   
 $3 + 5 = \boxed{\phantom{00}}$   
 $10 \times 2 = \boxed{\phantom{00}}$

Finish :Time :

**Day 44**Month Date Start  : 

$2 \times 30 =$

$49 : 7 =$

$1 \times 24 =$

$15 + 4 =$

$39 : 1 =$

$4 + 16 =$

$40 : 1 =$

$2 + 9 =$

$22 - 0 =$

$41 : 1 =$

$93 : 3 =$

$1 \times 76 =$

$38 : 1 =$

$56 : 14 =$

$13 + 2 =$

$1 \times 93 =$

$3 + 15 =$

$54 : 2 =$

$23 - 1 =$

$2 + 12 =$

$82 : 2 =$

$2 + 13 =$

$53 : 1 =$

$24 - 1 =$

$1 \times 96 =$

$24 + 5 =$

$26 - 4 =$

$49 : 1 =$

$2 + 16 =$

$1 \times 23 =$

$7 - 1 =$

$3 \times 30 =$

$1 + 4 =$

$18 - 7 =$

$2 + 2 =$

$41 - 1 =$

$3 + 6 =$

$1 \times 3 =$

$22 : 2 =$

$17 - 6 =$

$2 + 48 =$

$18 : 9 =$

$11 - 2 =$

$14 - 3 =$

$28 : 14 =$

$27 : 27 =$

$53 - 0 =$

$8 + 3 =$

$24 : 2 =$

$9 \times 7 =$

$6 - 0 =$

$9 + 3 =$

$20 : 2 =$

$10 + 3 =$

$14 - 0 =$

$7 + 5 =$

$2 + 0 =$

$42 : 7 =$

$4 + 4 =$

$39 : 3 =$

$16 - 6 =$

$56 : 56 =$

$13 - 10 =$

$7 + 0 =$

$2 \times 13 =$

$12 - 5 =$

$4 + 2 =$

$27 : 3 =$

$3 \times 12 =$

$30 : 3 =$

$2 + 1 =$

$20 - 4 =$

$45 : 5 =$

$23 - 4 =$

$18 - 3 =$

$8 + 5 =$

$3 + 2 =$

$22 - 4 =$

$14 + 0 =$

$21 - 4 =$

$48 : 4 =$

$2 \times 11 =$

$7 \times 11 =$

$16 - 11 =$

$16 + 20 =$

$97 : 97 =$

$15 - 10 =$

Finish  : Time  : **Week 7**

**Day 45**Month Date **Start**  : **Week 7**

$13 - 6 =$

$25 - 7 =$

$80 \div 2 =$

$14 - 6 =$

$56 \div 7 =$

$17 + 2 =$

$1 + 15 =$

$63 \div 7 =$

$5 + 10 =$

$12 \div 4 =$

$1 \times 85 =$

$0 + 9 =$

$53 \div 53 =$

$36 \div 36 =$

$1 \times 26 =$

$15 + 3 =$

$43 \div 1 =$

$1 \times 81 =$

$42 \div 1 =$

$1 \times 17 =$

$26 + 3 =$

$2 + 18 =$

$2 \times 18 =$

$3 + 12 =$

$54 \div 1 =$

$24 + 4 =$

$1 \times 91 =$

$25 - 3 =$

$98 \div 2 =$

$40 : 10 =$

$1 \times 52 =$

$9 - 6 =$

$28 \div 7 =$

$3 + 14 =$

$3 \times 1 =$

$14 - 2 =$

$2 \times 12 =$

$34 \div 2 =$

$1 \times 15 =$

$2 - 0 =$

$3 \times 2 =$

$1 - 0 =$

$1 \times 16 =$

$10 - 5 =$

$8 : 1 =$

$80 \div 4 =$

$10 - 3 =$

$1 + 24 =$

$20 \div 20 =$

$2 \times 25 =$

$0 + 25 =$

$3 - 0 =$

$2 + 5 =$

$4 - 1 =$

$1 + 8 =$

$48 \div 12 =$

$3 + 5 =$

$10 \times 2 =$

$17 - 7 =$

$6 + 3 =$

$12 - 10 =$

$4 + 6 =$

$32 : 32 =$

$6 + 4 =$

$60 \div 5 =$

$19 - 4 =$

$4 + 2 =$

$84 \div 21 =$

$16 \times 3 =$

$22 - 3 =$

$21 - 6 =$

$99 \div 11 =$

$17 \times 2 =$

$70 \div 10 =$

$22 - 7 =$

$23 - 6 =$

$23 - 7 =$

$16 + 0 =$

$50 \div 10 =$

$4 \times 11 =$

$63 \div 7 =$

$25 \times 2 =$

$26 - 6 =$

$4 + 10 =$

$48 \div 8 =$

$21 + 5 =$

**Finish**  : **Time**  :

**Day 46**Month Date Start  : 

$22 - 4 =$

$72 : 9 =$

$26 - 8 =$

$76 : 1 =$

$14 \times 3 =$

$18 + 2 =$

$0 + 11 =$

$70 : 7 =$

$3 + 10 =$

$99 : 3 =$

$4 + 10 =$

$5 \times 7 =$

$80 : 8 =$

$2 \times 14 =$

$17 + 3 =$

$2 \times 21 =$

$16 - 5 =$

$22 + 2 =$

$1 \times 94 =$

$28 - 6 =$

$30 - 7 =$

$13 \times 2 =$

$27 - 4 =$

$57 : 1 =$

$29 - 6 =$

$27 + 3 =$

$1 \times 79 =$

$30 - 6 =$

$62 : 1 =$

$11 \times 1 =$

$23 - 3 =$

$62 - 7 =$

$60 : 30 =$

$2 - 0 =$

$16 + 0 =$

$19 - 4 =$

$12 \times 1 =$

$8 - 8 =$

$17 + 0 =$

$19 - 1 =$

$7 + 2 =$

$7 : 1 =$

$21 - 1 =$

$0 + 5 =$

$5 : 1 =$

$24 - 2 =$

$22 - 1 =$

$25 : 5 =$

$11 + 4 =$

$2 \times 25 =$

$11 - 6 =$

$40 : 40 =$

$60 : 6 =$

$9 + 6 =$

$26 - 3 =$

$11 + 6 =$

$4 : 1 =$

$12 + 4 =$

$17 - 2 =$

$44 : 2 =$

$13 - 4 =$

$0 + 7 =$

$25 - 8 =$

$3 \times 6 =$

$11 - 0 =$

$30 + 4 =$

$12 - 4 =$

$12 + 2 =$

$75 : 3 =$

$9 - 4 =$

$10 \times 10 =$

$6 \times 3 =$

$28 - 0 =$

$25 : 1 =$

$9 + 3 =$

$27 : 1 =$

$10 - 1 =$

$2 \times 23 =$

$7 + 3 =$

$8 - 6 =$

$41 : 41 =$

$7 + 7 =$

$9 - 5 =$

$8 + 7 =$

$2 \times 45 =$

$60 : 2 =$

$21 - 0 =$

Finish  : Time  : **Week 7**

**Day 47**Month  Date   
Start  : **Week 7**

$5 - 5 =$    
 $54 : 27 =$    
 $12 - 3 =$    
 $6 \times 4 =$    
 $52 : 26 =$    
 $16 - 7 =$    
 $20 : 5 =$    
 $5 \times 14 =$    
 $27 - 7 =$    
 $56 : 4 =$    
 $4 \times 20 =$    
 $4 + 7 =$    
 $36 : 6 =$    
 $11 - 6 =$    
 $10 + 0 =$    
 $36 - 6 =$    
 $2 + 4 =$    
 $23 - 10 =$    
 $81 : 9 =$    
 $49 - 7 =$    
 $3 + 4 =$    
 $3 \times 12 =$    
 $10 : 5 =$    
 $1 + 2 =$    
 $4 \times 22 =$    
 $6 - 4 =$    
 $33 : 3 =$    
 $8 \times 10 =$    
 $89 : 1 =$

$2 \times 3 =$    
 $11 - 4 =$    
 $7 \times 2 =$    
 $27 - 9 =$    
 $5 + 0 =$    
 $8 \times 8 =$    
 $40 - 10 =$    
 $11 + 8 =$    
 $20 : 10 =$    
 $7 \times 7 =$    
 $10 - 6 =$    
 $6 + 5 =$    
 $100 : 10 =$    
 $6 \times 4 =$    
 $11 - 8 =$    
 $3 + 9 =$    
 $6 - 5 =$    
 $5 \times 3 =$    
 $4 + 8 =$    
 $8 - 5 =$    
 $6 \times 6 =$    
 $4 : 2 =$    
 $6 \times 9 =$    
 $40 : 4 =$    
 $54 - 1 =$    
 $60 : 10 =$    
 $23 - 6 =$    
 $7 \times 9 =$    
 $24 - 0 =$

$45 : 5 =$    
 $16 - 0 =$    
 $23 \times 3 =$    
 $7 + 10 =$    
 $24 : 2 =$    
 $1 \times 41 =$    
 $13 + 2 =$    
 $1 \times 27 =$    
 $37 : 1 =$    
 $7 + 13 =$    
 $44 : 4 =$    
 $1 \times 75 =$    
 $6 + 17 =$    
 $2 \times 41 =$    
 $48 : 4 =$    
 $4 + 18 =$    
 $75 : 1 =$    
 $28 - 2 =$    
 $7 + 14 =$    
 $20 - 3 =$    
 $84 : 7 =$    
 $5 + 9 =$    
 $15 - 11 =$    
 $2 \times 4 =$    
 $20 : 4 =$    
 $17 - 0 =$    
 $3 + 16 =$    
 $80 : 80 =$    
 $1 + 15 =$

Finish  : Time  :

## Day 48

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

currant	place	goat
rook	screen	board
knife	pawn	figure
peas	tray	space
bullet	rabbit	cold
pencil	envelope	grass
star	raft	clock
quail	wall	silence
viburnum	kettle	plan
longboat	notebook	bull

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

## Day 48

**Week 7**


Day 49

Stroop-test 8

Read the text below silently as quickly as possible, while saying ( out loud) the

color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

Green	Red	Green	Yellow	Blue
Yellow	Green	Blue	Yellow	Red
Red	Yellow	Blue	Red	Green
Yellow	Green	Red	Green	Blue
Blue	Red	Yellow	Blue	Green
Red	Blue	Red	Green	Yellow
Green	Yellow	Red	Blue	Green
Red	Red	Green	Blue	Yellow
Blue	Blue	Blue	Yellow	Yellow
Blue	Red	Green	Blue	Yellow

Time \_\_\_ : \_\_\_

## Day 50

Month  Date Start  : **Week 8**

$6 : 6 =$    
 $5 \times 13 =$    
 $12 - 9 =$    
 $1 \times 14 =$    
 $5 + 3 =$    
 $26 - 9 =$    
 $13 + 0 =$    
 $6 \times 12 =$    
 $14 - 3 =$    
 $96 : 8 =$    
 $15 \times 1 =$    
 $6 + 4 =$    
 $28 : 4 =$    
 $7 - 0 =$    
 $8 \times 6 =$    
 $7 + 0 =$    
 $13 - 3 =$    
 $14 : 7 =$    
 $16 \times 2 =$    
 $6 + 10 =$    
 $9 \times 8 =$    
 $76 : 4 =$    
 $6 \times 16 =$    
 $5 + 31 =$    
 $89 : 89 =$    
 $15 \times 5 =$    
 $2 - 2 =$    
 $7 : 7 =$    
 $5 + 6 =$

$9 : 9 =$    
 $22 - 9 =$    
 $1 \times 85 =$    
 $23 - 11 =$    
 $3 \times 31 =$    
 $10 : 10 =$    
 $24 - 11 =$    
 $13 \times 1 =$    
 $24 - 10 =$    
 $1 + 10 =$    
 $11 : 11 =$    
 $28 - 4 =$    
 $4 \times 2 =$    
 $26 - 6 =$    
 $80 : 1 =$    
 $1 \times 87 =$    
 $24 - 4 =$    
 $2 + 11 =$    
 $22 : 11 =$    
 $9 + 2 =$    
 $2 \times 27 =$    
 $30 : 1 =$    
 $28 - 7 =$    
 $30 : 15 =$    
 $3 \times 1 =$    
 $64 - 6 =$    
 $30 + 11 =$    
 $11 - 5 =$    
 $94 : 1 =$

$1 - 0 =$    
 $5 \times 7 =$    
 $90 : 30 =$    
 $11 + 1 =$    
 $5 : 5 =$    
 $9 + 4 =$    
 $3 \times 25 =$    
 $15 : 5 =$    
 $10 + 3 =$    
 $4 : 4 =$    
 $5 \times 6 =$    
 $8 - 6 =$    
 $11 \times 8 =$    
 $21 : 7 =$    
 $9 + 3 =$    
 $1 \times 44 =$    
 $35 : 7 =$    
 $9 + 1 =$    
 $42 : 7 =$    
 $3 \times 7 =$    
 $63 : 9 =$    
 $0 + 2 =$    
 $2 \times 10 =$    
 $9 - 8 =$    
 $77 : 77 =$    
 $18 \times 2 =$    
 $12 - 9 =$    
 $84 : 21 =$    
 $1 + 6 =$

Finish  : Time  :

**Day 51**Month Date Start  : 

$29 + 50 =$

$0 + 12 =$

$81 : 9 =$

$1 + 8 =$

$27 - 7 =$

$21 \times 3 =$

$51 : 1 =$

$29 + 40 =$

$4 + 17 =$

$2 + 10 =$

$72 : 8 =$

$29 + 21 =$

$55 : 1 =$

$3 + 11 =$

$3 \times 9 =$

$16 + 3 =$

$71 : 1 =$

$2 \times 22 =$

$52 : 1 =$

$11 \times 2 =$

$26 + 2 =$

$95 : 1 =$

$20 \times 2 =$

$22 + 4 =$

$30 - 8 =$

$58 : 1 =$

$59 : 1 =$

$17 + 6 =$

$5 + 12 =$

$8 - 6 =$

$4 : 2 =$

$9 \times 9 =$

$4 + 8 =$

$7 \times 6 =$

$6 + 6 =$

$16 : 8 =$

$20 - 7 =$

$14 - 6 =$

$27 : 9 =$

$10 - 2 =$

$4 + 0 =$

$20 : 10 =$

$10 + 4 =$

$90 : 30 =$

$5 + 48 =$

$60 : 12 =$

$5 + 13 =$

$20 - 6 =$

$11 \times 2 =$

$51 - 7 =$

$10 + 1 =$

$81 : 9 =$

$8 - 7 =$

$7 + 1 =$

$11 - 11 =$

$5 + 9 =$

$30 : 10 =$

$9 \times 8 =$

$19 - 4 =$

$6 \times 4 =$

$42 : 7 =$

$5 + 6 =$

$12 - 6 =$

$2 \times 12 =$

$56 : 8 =$

$6 + 17 =$

$6 \times 4 =$

$72 : 9 =$

$11 - 6 =$

$7 + 4 =$

$4 - 4 =$

$5 + 3 =$

$30 : 10 =$

$40 : 8 =$

$6 - 4 =$

$6 - 5 =$

$10 : 10 =$

$7 - 6 =$

$4 + 16 =$

$3 \times 5 =$

$5 + 1 =$

$5 : 1 =$

$0 + 10 =$

$10 - 8 =$

$5 + 8 =$

$16 : 8 =$

$3 \times 4 =$

Finish  : Time  : Week  
8

# Day 52

Month Date Start  : **Week 8**

$80 : 20 = \boxed{\phantom{00}}$   
 $2 \times 3 = \boxed{\phantom{00}}$   
 $94 : 94 = \boxed{\phantom{00}}$   
 $3 + 1 = \boxed{\phantom{00}}$   
 $2 \times 18 = \boxed{\phantom{00}}$   
 $17 - 8 = \boxed{\phantom{00}}$   
 $25 \times 1 = \boxed{\phantom{00}}$   
 $71 : 71 = \boxed{\phantom{00}}$   
 $17 \times 2 = \boxed{\phantom{00}}$   
 $1 + 8 = \boxed{\phantom{00}}$   
 $70 : 70 = \boxed{\phantom{00}}$   
 $26 : 13 = \boxed{\phantom{00}}$   
 $2 \times 11 = \boxed{\phantom{00}}$   
 $11 - 10 = \boxed{\phantom{00}}$   
 $19 : 1 = \boxed{\phantom{00}}$   
 $25 \times 4 = \boxed{\phantom{00}}$   
 $18 : 3 = \boxed{\phantom{00}}$   
 $10 \times 9 = \boxed{\phantom{00}}$   
 $1 + 5 = \boxed{\phantom{00}}$   
 $58 : 29 = \boxed{\phantom{00}}$   
 $23 - 8 = \boxed{\phantom{00}}$   
 $17 \times 3 = \boxed{\phantom{00}}$   
 $3 \times 33 = \boxed{\phantom{00}}$   
 $3 + 2 = \boxed{\phantom{00}}$   
 $5 \times 7 = \boxed{\phantom{00}}$   
 $7 - 6 = \boxed{\phantom{00}}$   
 $57 : 1 = \boxed{\phantom{00}}$   
 $2 + 9 = \boxed{\phantom{00}}$   
 $19 - 7 = \boxed{\phantom{00}}$

$12 : 12 = \boxed{\phantom{00}}$   
 $17 - 9 = \boxed{\phantom{00}}$   
 $20 + 0 = \boxed{\phantom{00}}$   
 $27 - 8 = \boxed{\phantom{00}}$   
 $1 \times 79 = \boxed{\phantom{00}}$   
 $1 \times 88 = \boxed{\phantom{00}}$   
 $36 : 12 = \boxed{\phantom{00}}$   
 $21 \times 1 = \boxed{\phantom{00}}$   
 $32 - 6 = \boxed{\phantom{00}}$   
 $24 + 0 = \boxed{\phantom{00}}$   
 $9 \times 10 = \boxed{\phantom{00}}$   
 $12 - 10 = \boxed{\phantom{00}}$   
 $35 + 5 = \boxed{\phantom{00}}$   
 $19 \times 1 = \boxed{\phantom{00}}$   
 $29 - 10 = \boxed{\phantom{00}}$   
 $29 : 1 = \boxed{\phantom{00}}$   
 $1 \times 38 = \boxed{\phantom{00}}$   
 $2 \times 35 = \boxed{\phantom{00}}$   
 $31 - 11 = \boxed{\phantom{00}}$   
 $56 : 2 = \boxed{\phantom{00}}$   
 $2 \times 39 = \boxed{\phantom{00}}$   
 $88 : 4 = \boxed{\phantom{00}}$   
 $34 - 9 = \boxed{\phantom{00}}$   
 $23 \times 1 = \boxed{\phantom{00}}$   
 $16 + 1 = \boxed{\phantom{00}}$   
 $15 - 6 = \boxed{\phantom{00}}$   
 $35 : 1 = \boxed{\phantom{00}}$   
 $17 + 2 = \boxed{\phantom{00}}$   
 $19 - 6 = \boxed{\phantom{00}}$

$9 + 5 = \boxed{\phantom{00}}$   
 $6 : 2 = \boxed{\phantom{00}}$   
 $1 \times 7 = \boxed{\phantom{00}}$   
 $6 : 6 = \boxed{\phantom{00}}$   
 $6 - 4 = \boxed{\phantom{00}}$   
 $5 \times 5 = \boxed{\phantom{00}}$   
 $11 + 5 = \boxed{\phantom{00}}$   
 $4 \times 15 = \boxed{\phantom{00}}$   
 $10 : 5 = \boxed{\phantom{00}}$   
 $12 + 7 = \boxed{\phantom{00}}$   
 $5 \times 8 = \boxed{\phantom{00}}$   
 $4 - 4 = \boxed{\phantom{00}}$   
 $12 : 6 = \boxed{\phantom{00}}$   
 $13 + 7 = \boxed{\phantom{00}}$   
 $99 : 9 = \boxed{\phantom{00}}$   
 $9 \times 6 = \boxed{\phantom{00}}$   
 $2 - 0 = \boxed{\phantom{00}}$   
 $10 + 4 = \boxed{\phantom{00}}$   
 $22 : 11 = \boxed{\phantom{00}}$   
 $3 + 4 = \boxed{\phantom{00}}$   
 $60 : 10 = \boxed{\phantom{00}}$   
 $9 \times 8 = \boxed{\phantom{00}}$   
 $3 + 3 = \boxed{\phantom{00}}$   
 $37 \times 2 = \boxed{\phantom{00}}$   
 $99 : 11 = \boxed{\phantom{00}}$   
 $3 + 2 = \boxed{\phantom{00}}$   
 $5 \times 10 = \boxed{\phantom{00}}$   
 $13 - 11 = \boxed{\phantom{00}}$   
 $4 \times 6 = \boxed{\phantom{00}}$

Finish  : Time  :

**Day 53**Month  Date Start  : 

$17 - 3 =$ <input type="text"/>	$9 - 3 =$ <input type="text"/>	$19 \times 1 =$ <input type="text"/>
$5 \times 10 =$ <input type="text"/>	$55 : 11 =$ <input type="text"/>	$16 - 11 =$ <input type="text"/>
$4 + 1 =$ <input type="text"/>	$1 \times 78 =$ <input type="text"/>	$6 + 3 =$ <input type="text"/>
$48 : 24 =$ <input type="text"/>	$3 + 10 =$ <input type="text"/>	$15 \times 1 =$ <input type="text"/>
$15 - 7 =$ <input type="text"/>	$36 - 8 =$ <input type="text"/>	$24 : 3 =$ <input type="text"/>
$1 \times 25 =$ <input type="text"/>	$14 \times 1 =$ <input type="text"/>	$19 \times 2 =$ <input type="text"/>
$47 : 47 =$ <input type="text"/>	$28 - 11 =$ <input type="text"/>	$6 + 6 =$ <input type="text"/>
$21 - 6 =$ <input type="text"/>	$86 : 86 =$ <input type="text"/>	$14 : 2 =$ <input type="text"/>
$53 : 1 =$ <input type="text"/>	$22 \times 1 =$ <input type="text"/>	$12 \times 4 =$ <input type="text"/>
$44 - 7 =$ <input type="text"/>	$31 - 10 =$ <input type="text"/>	$5 + 0 =$ <input type="text"/>
$39 : 13 =$ <input type="text"/>	$33 + 0 =$ <input type="text"/>	$42 : 6 =$ <input type="text"/>
$15 \times 2 =$ <input type="text"/>	$37 \times 2 =$ <input type="text"/>	$18 + 4 =$ <input type="text"/>
$92 : 92 =$ <input type="text"/>	$13 - 11 =$ <input type="text"/>	$21 : 3 =$ <input type="text"/>
$11 \times 4 =$ <input type="text"/>	$28 + 0 =$ <input type="text"/>	$5 \times 12 =$ <input type="text"/>
$6 + 9 =$ <input type="text"/>	$20 : 20 =$ <input type="text"/>	$11 - 7 =$ <input type="text"/>
$3 \times 22 =$ <input type="text"/>	$12 \times 5 =$ <input type="text"/>	$10 + 1 =$ <input type="text"/>
$21 - 9 =$ <input type="text"/>	$93 : 3 =$ <input type="text"/>	$60 : 6 =$ <input type="text"/>
$100 : 25 =$ <input type="text"/>	$13 \times 2 =$ <input type="text"/>	$13 - 8 =$ <input type="text"/>
$15 - 3 =$ <input type="text"/>	$13 : 13 =$ <input type="text"/>	$9 \times 9 =$ <input type="text"/>
$66 : 66 =$ <input type="text"/>	$35 + 9 =$ <input type="text"/>	$66 : 6 =$ <input type="text"/>
$10 \times 5 =$ <input type="text"/>	$20 - 0 =$ <input type="text"/>	$18 + 0 =$ <input type="text"/>
$15 - 5 =$ <input type="text"/>	$84 : 12 =$ <input type="text"/>	$70 : 7 =$ <input type="text"/>
$26 \times 1 =$ <input type="text"/>	$30 - 10 =$ <input type="text"/>	$19 + 0 =$ <input type="text"/>
$35 - 2 =$ <input type="text"/>	$75 : 15 =$ <input type="text"/>	$5 \times 14 =$ <input type="text"/>
$1 \times 93 =$ <input type="text"/>	$23 \times 2 =$ <input type="text"/>	$77 : 7 =$ <input type="text"/>
$54 : 1 =$ <input type="text"/>	$45 : 45 =$ <input type="text"/>	$34 + 1 =$ <input type="text"/>
$20 : 1 =$ <input type="text"/>	$13 - 8 =$ <input type="text"/>	$6 : 3 =$ <input type="text"/>
$20 - 6 =$ <input type="text"/>	$32 : 16 =$ <input type="text"/>	$20 - 11 =$ <input type="text"/>
$2 \times 37 =$ <input type="text"/>	$19 + 1 =$ <input type="text"/>	$5 \times 2 =$ <input type="text"/>

**Week 8**Finish  : Time  :

**Day 54** Month  Date   
**Start**  :

**Week 8**

$63 : 7 = \boxed{\phantom{00}}$ 
 $15 - 1 = \boxed{\phantom{00}}$ 
 $12 + 7 = \boxed{\phantom{00}}$ 
 $20 \times 4 = \boxed{\phantom{00}}$ 
 $1 \times 59 = \boxed{\phantom{00}}$ 
 $75 : 5 = \boxed{\phantom{00}}$ 
 $23 - 2 = \boxed{\phantom{00}}$ 
 $25 + 5 = \boxed{\phantom{00}}$ 
 $5 \times 3 = \boxed{\phantom{00}}$ 
 $1 + 1 = \boxed{\phantom{00}}$ 
 $32 - 8 = \boxed{\phantom{00}}$ 
 $32 : 4 = \boxed{\phantom{00}}$ 
 $15 - 8 = \boxed{\phantom{00}}$ 
 $78 : 1 = \boxed{\phantom{00}}$ 
 $1 \times 72 = \boxed{\phantom{00}}$ 
 $55 : 5 = \boxed{\phantom{00}}$ 
 $7 + 11 = \boxed{\phantom{00}}$ 
 $29 - 3 = \boxed{\phantom{00}}$ 
 $60 : 15 = \boxed{\phantom{00}}$ 
 $8 + 11 = \boxed{\phantom{00}}$ 
 $2 \times 9 = \boxed{\phantom{00}}$ 
 $99 : 1 = \boxed{\phantom{00}}$ 
 $5 + 15 = \boxed{\phantom{00}}$ 
 $47 \times 2 = \boxed{\phantom{00}}$ 
 $5 + 17 = \boxed{\phantom{00}}$ 
 $79 : 79 = \boxed{\phantom{00}}$ 
 $7 \times 2 = \boxed{\phantom{00}}$ 
 $46 : 23 = \boxed{\phantom{00}}$ 
 $6 \times 3 = \boxed{\phantom{00}}$

$0 + 23 = \boxed{\phantom{00}}$ 
 $1 + 8 = \boxed{\phantom{00}}$ 
 $1 \times 4 = \boxed{\phantom{00}}$ 
 $16 - 1 = \boxed{\phantom{00}}$ 
 $60 : 5 = \boxed{\phantom{00}}$ 
 $3 \times 1 = \boxed{\phantom{00}}$ 
 $1 + 1 = \boxed{\phantom{00}}$ 
 $72 : 8 = \boxed{\phantom{00}}$ 
 $1 + 18 = \boxed{\phantom{00}}$ 
 $21 - 6 = \boxed{\phantom{00}}$ 
 $45 : 3 = \boxed{\phantom{00}}$ 
 $2 \times 3 = \boxed{\phantom{00}}$ 
 $34 : 2 = \boxed{\phantom{00}}$ 
 $4 + 7 = \boxed{\phantom{00}}$ 
 $49 : 7 = \boxed{\phantom{00}}$ 
 $1 + 36 = \boxed{\phantom{00}}$ 
 $70 : 7 = \boxed{\phantom{00}}$ 
 $1 + 9 = \boxed{\phantom{00}}$ 
 $12 - 3 = \boxed{\phantom{00}}$ 
 $2 + 9 = \boxed{\phantom{00}}$ 
 $5 - 5 = \boxed{\phantom{00}}$ 
 $1 \times 4 = \boxed{\phantom{00}}$ 
 $2 + 2 = \boxed{\phantom{00}}$ 
 $13 : 1 = \boxed{\phantom{00}}$ 
 $4 \times 7 = \boxed{\phantom{00}}$ 
 $4 - 2 = \boxed{\phantom{00}}$ 
 $8 - 6 = \boxed{\phantom{00}}$ 
 $2 \times 13 = \boxed{\phantom{00}}$ 
 $32 : 8 = \boxed{\phantom{00}}$

$50 \times 2 = \boxed{\phantom{00}}$ 
 $8 - 6 = \boxed{\phantom{00}}$ 
 $60 : 12 = \boxed{\phantom{00}}$ 
 $7 - 0 = \boxed{\phantom{00}}$ 
 $15 \times 2 = \boxed{\phantom{00}}$ 
 $11 - 5 = \boxed{\phantom{00}}$ 
 $17 : 1 = \boxed{\phantom{00}}$ 
 $42 \times 2 = \boxed{\phantom{00}}$ 
 $13 - 6 = \boxed{\phantom{00}}$ 
 $6 \times 11 = \boxed{\phantom{00}}$ 
 $18 : 1 = \boxed{\phantom{00}}$ 
 $4 \times 20 = \boxed{\phantom{00}}$ 
 $13 - 7 = \boxed{\phantom{00}}$ 
 $7 : 1 = \boxed{\phantom{00}}$ 
 $2 \times 28 = \boxed{\phantom{00}}$ 
 $12 - 6 = \boxed{\phantom{00}}$ 
 $1 \times 3 = \boxed{\phantom{00}}$ 
 $15 - 8 = \boxed{\phantom{00}}$ 
 $35 \times 2 = \boxed{\phantom{00}}$ 
 $3 \times 4 = \boxed{\phantom{00}}$ 
 $8 - 5 = \boxed{\phantom{00}}$ 
 $100 : 4 = \boxed{\phantom{00}}$ 
 $4 \times 13 = \boxed{\phantom{00}}$ 
 $33 - 6 = \boxed{\phantom{00}}$ 
 $50 : 2 = \boxed{\phantom{00}}$ 
 $14 - 2 = \boxed{\phantom{00}}$ 
 $8 \times 3 = \boxed{\phantom{00}}$ 
 $26 : 1 = \boxed{\phantom{00}}$ 
 $33 - 7 = \boxed{\phantom{00}}$

**Finish**  :

**Time**  :

# Day 55

Week 8

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

 sec.

2. Memorize maximum amount of words in  
2 minutes .

marmot	desk	water
month	magnet	pencil
syllable	picture	way
pain	share	floor
star	gold	tile
finger	harrow	album
sun	chicken	street
rat	spruce	bonfire
word	pause	bar
ear	pointer	district

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

 words

## Day 55

**Week 8**


Day-56

Stroop-test – 9

Read the text below silently as quickly as possible, while saying ( out loud) the

color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

Blue	Green	Blue	Red	Yellow
Yellow	Green	Green	Red	Blue
Green	Yellow	Red	Yellow	Blue
Red	Red	Yellow	Green	Blue
Yellow	Blue	Blue	Blue	Yellow
Red	Green	Yellow	Green	Blue
Green	Yellow	Red	Blue	Red
Blue	Green	Green	Yellow	Red
Red	Red	Green	Yellow	Blue
Blue	Red	Blue	Green	Yellow

Time \_\_\_\_ : \_\_\_\_

**Day 57**Month Date Start  : **Week 9**

$17 - 10 = \boxed{\phantom{00}}$   
 $25 \times 3 = \boxed{\phantom{00}}$   
 $44 : 4 = \boxed{\phantom{00}}$   
 $6 + 13 = \boxed{\phantom{00}}$   
 $16 - 10 = \boxed{\phantom{00}}$   
 $16 \times 2 = \boxed{\phantom{00}}$   
 $9 + 1 = \boxed{\phantom{00}}$   
 $33 : 3 = \boxed{\phantom{00}}$   
 $6 + 1 = \boxed{\phantom{00}}$   
 $8 \times 6 = \boxed{\phantom{00}}$   
 $16 - 11 = \boxed{\phantom{00}}$   
 $10 - 10 = \boxed{\phantom{00}}$   
 $6 : 3 = \boxed{\phantom{00}}$   
 $9 \times 3 = \boxed{\phantom{00}}$   
 $19 - 11 = \boxed{\phantom{00}}$   
 $9 \times 6 = \boxed{\phantom{00}}$   
 $3 + 16 = \boxed{\phantom{00}}$   
 $10 : 1 = \boxed{\phantom{00}}$   
 $9 + 4 = \boxed{\phantom{00}}$   
 $1 \times 2 = \boxed{\phantom{00}}$   
 $10 + 1 = \boxed{\phantom{00}}$   
 $18 - 4 = \boxed{\phantom{00}}$   
 $8 + 9 = \boxed{\phantom{00}}$   
 $21 : 7 = \boxed{\phantom{00}}$   
 $2 + 15 = \boxed{\phantom{00}}$   
 $21 - 10 = \boxed{\phantom{00}}$   
 $6 \times 2 = \boxed{\phantom{00}}$   
 $2 + 8 = \boxed{\phantom{00}}$   
 $5 \times 4 = \boxed{\phantom{00}}$

$6 + 14 = \boxed{\phantom{00}}$   
 $16 \times 1 = \boxed{\phantom{00}}$   
 $30 : 3 = \boxed{\phantom{00}}$   
 $17 - 9 = \boxed{\phantom{00}}$   
 $25 \times 1 = \boxed{\phantom{00}}$   
 $15 - 8 = \boxed{\phantom{00}}$   
 $3 \times 21 = \boxed{\phantom{00}}$   
 $30 : 3 = \boxed{\phantom{00}}$   
 $1 + 14 = \boxed{\phantom{00}}$   
 $6 \times 15 = \boxed{\phantom{00}}$   
 $7 + 1 = \boxed{\phantom{00}}$   
 $2 \times 14 = \boxed{\phantom{00}}$   
 $18 : 2 = \boxed{\phantom{00}}$   
 $1 + 0 = \boxed{\phantom{00}}$   
 $2 \times 1 = \boxed{\phantom{00}}$   
 $19 - 3 = \boxed{\phantom{00}}$   
 $3 + 2 = \boxed{\phantom{00}}$   
 $5 + 6 = \boxed{\phantom{00}}$   
 $5 - 0 = \boxed{\phantom{00}}$   
 $3 \times 6 = \boxed{\phantom{00}}$   
 $20 - 8 = \boxed{\phantom{00}}$   
 $68 : 2 = \boxed{\phantom{00}}$   
 $1 + 7 = \boxed{\phantom{00}}$   
 $5 + 5 = \boxed{\phantom{00}}$   
 $4 \times 1 = \boxed{\phantom{00}}$   
 $1 + 20 = \boxed{\phantom{00}}$   
 $11 - 6 = \boxed{\phantom{00}}$   
 $1 \times 3 = \boxed{\phantom{00}}$   
 $39 : 3 = \boxed{\phantom{00}}$

$35 : 35 = \boxed{\phantom{00}}$   
 $15 - 0 = \boxed{\phantom{00}}$   
 $21 + 8 = \boxed{\phantom{00}}$   
 $24 : 4 = \boxed{\phantom{00}}$   
 $16 - 1 = \boxed{\phantom{00}}$   
 $10 + 7 = \boxed{\phantom{00}}$   
 $23 - 8 = \boxed{\phantom{00}}$   
 $32 : 4 = \boxed{\phantom{00}}$   
 $3 \times 3 = \boxed{\phantom{00}}$   
 $17 - 1 = \boxed{\phantom{00}}$   
 $30 : 5 = \boxed{\phantom{00}}$   
 $2 \times 15 = \boxed{\phantom{00}}$   
 $17 + 4 = \boxed{\phantom{00}}$   
 $28 - 8 = \boxed{\phantom{00}}$   
 $36 : 1 = \boxed{\phantom{00}}$   
 $4 \times 22 = \boxed{\phantom{00}}$   
 $5 + 8 = \boxed{\phantom{00}}$   
 $31 - 11 = \boxed{\phantom{00}}$   
 $3 \times 11 = \boxed{\phantom{00}}$   
 $42 : 42 = \boxed{\phantom{00}}$   
 $12 + 2 = \boxed{\phantom{00}}$   
 $23 - 2 = \boxed{\phantom{00}}$   
 $11 \times 6 = \boxed{\phantom{00}}$   
 $13 + 9 = \boxed{\phantom{00}}$   
 $45 : 45 = \boxed{\phantom{00}}$   
 $32 : 8 = \boxed{\phantom{00}}$   
 $10 \times 7 = \boxed{\phantom{00}}$   
 $20 + 1 = \boxed{\phantom{00}}$   
 $27 - 10 = \boxed{\phantom{00}}$

Finish  : Time  :

**Day 58** Month  Date Start  : 

$17 - 9 =$    
 $5 \times 2 =$    
 $30 : 2 =$    
 $8 - 0 =$    
 $16 : 1 =$    
 $61 - 3 =$    
 $50 \times 1 =$    
 $32 + 1 =$    
 $38 - 11 =$    
 $48 : 3 =$    
 $1 \times 90 =$    
 $11 - 2 =$    
 $10 \times 1 =$    
 $14 - 8 =$    
 $49 \times 2 =$    
 $60 - 7 =$    
 $23 : 1 =$    
 $8 \times 9 =$    
 $17 - 10 =$    
 $84 : 4 =$    
 $20 - 1 =$    
 $7 + 2 =$    
 $2 \times 6 =$    
 $27 : 1 =$    
 $48 \times 1 =$    
 $19 - 4 =$    
 $10 : 5 =$    
 $20 \times 4 =$    
 $15 - 3 =$

$10 + 9 =$    
 $16 - 8 =$    
 $2 : 2 =$    
 $4 \times 3 =$    
 $4 - 2 =$    
 $33 + 2 =$    
 $42 : 3 =$    
 $27 + 5 =$    
 $3 - 1 =$    
 $3 \times 30 =$    
 $2 + 0 =$    
 $72 : 6 =$    
 $20 - 11 =$    
 $1 \times 70 =$    
 $38 - 6 =$    
 $72 : 1 =$    
 $0 + 15 =$    
 $38 : 19 =$    
 $1 \times 57 =$    
 $19 - 6 =$    
 $6 \times 10 =$    
 $28 - 3 =$    
 $60 : 5 =$    
 $7 \times 10 =$    
 $13 - 1 =$    
 $64 : 1 =$    
 $30 - 7 =$    
 $1 \times 1 =$    
 $66 : 22 =$

$3 \times 6 =$    
 $6 - 5 =$    
 $11 : 11 =$    
 $11 \times 1 =$    
 $56 : 8 =$    
 $7 \times 11 =$    
 $7 - 7 =$    
 $12 + 5 =$    
 $13 : 13 =$    
 $12 \times 2 =$    
 $15 + 7 =$    
 $30 : 10 =$    
 $29 \times 2 =$    
 $40 : 10 =$    
 $12 + 6 =$    
 $7 \times 5 =$    
 $50 : 10 =$    
 $12 + 4 =$    
 $14 : 14 =$    
 $1 \times 98 =$    
 $24 : 12 =$    
 $6 + 8 =$    
 $7 \times 10 =$    
 $12 - 11 =$    
 $77 : 11 =$    
 $6 \times 5 =$    
 $11 - 10 =$    
 $9 \times 2 =$    
 $39 : 13 =$

**Week 9**Finish  : Time  :

**Day 59**Month Date Start  : **Week 9**

$25 - 4 =$

$3 + 12 =$

$72 : 2 =$

$30 : 2 =$

$2 + 12 =$

$56 : 56 =$

$26 - 1 =$

$32 + 24 =$

$17 - 6 =$

$9 : 1 =$

$34 + 30 =$

$26 \times 2 =$

$39 : 1 =$

$29 - 9 =$

$10 : 1 =$

$13 + 5 =$

$78 : 2 =$

$4 - 1 =$

$98 : 1 =$

$34 - 10 =$

$30 \times 1 =$

$30 - 9 =$

$8 \times 1 =$

$36 \times 1 =$

$77 : 77 =$

$8 \times 5 =$

$32 - 10 =$

$55 : 1 =$

$16 - 2 =$

$1 \times 46 =$

$81 : 9 =$

$26 \times 2 =$

$100 : 10 =$

$0 + 3 =$

$4 - 0 =$

$2 \times 50 =$

$5 - 1 =$

$3 \times 25 =$

$1 + 2 =$

$12 : 3 =$

$9 \times 7 =$

$2 \times 47 =$

$6 : 1 =$

$6 - 0 =$

$8 \times 5 =$

$9 - 4 =$

$5 : 1 =$

$2 \times 46 =$

$11 - 6 =$

$12 : 3 =$

$9 \times 2 =$

$0 + 5 =$

$4 : 1 =$

$2 \times 5 =$

$31 + 1 =$

$16 : 2 =$

$15 - 4 =$

$1 \times 7 =$

$4 \times 2 =$

$16 - 2 =$

$3 \times 10 =$

$16 - 0 =$

$1 \times 8 =$

$26 - 10 =$

$20 \times 3 =$

$22 - 6 =$

$4 \times 1 =$

$13 - 5 =$

$36 : 6 =$

$4 \times 12 =$

$18 - 0 =$

$70 : 2 =$

$7 + 7 =$

$28 - 11 =$

$16 + 9 =$

$1 \times 12 =$

$9 + 10 =$

$45 : 15 =$

$2 \times 14 =$

$21 - 1 =$

$75 : 15 =$

$25 + 0 =$

$14 - 5 =$

$10 \times 6 =$

$84 : 2 =$

$17 + 1 =$

$44 : 1 =$

Finish  : Time  :

**Day 60**Month Date Start  : 

$18 + 2 =$

$51 : 3 =$

$34 + 3 =$

$11 - 7 =$

$22 + 1 =$

$98 : 2 =$

$23 + 1 =$

$72 : 8 =$

$19 + 2 =$

$35 + 15 =$

$33 - 9 =$

$54 : 3 =$

$38 \times 1 =$

$97 : 1 =$

$1 \times 51 =$

$12 + 11 =$

$4 - 0 =$

$23 : 23 =$

$1 + 18 =$

$40 \times 1 =$

$60 : 1 =$

$34 \times 1 =$

$14 + 3 =$

$63 : 21 =$

$6 \times 1 =$

$17 - 11 =$

$48 : 48 =$

$27 - 4 =$

$7 \times 6 =$

$21 : 21 =$

$7 - 4 =$

$1 \times 28 =$

$5 - 2 =$

$48 : 6 =$

$4 + 3 =$

$30 : 6 =$

$20 \times 1 =$

$8 - 4 =$

$25 \times 1 =$

$30 : 5 =$

$2 \times 48 =$

$7 \times 6 =$

$13 - 9 =$

$32 : 4 =$

$7 + 0 =$

$17 \times 1 =$

$28 : 4 =$

$4 + 7 =$

$11 : 1 =$

$8 - 3 =$

$2 + 6 =$

$50 : 5 =$

$5 \times 4 =$

$16 + 0 =$

$10 - 5 =$

$2 : 2 =$

$2 \times 6 =$

$21 - 11 =$

$3 \times 2 =$

$18 - 3 =$

$24 : 6 =$

$23 - 9 =$

$35 : 1 =$

$10 + 8 =$

$24 - 10 =$

$30 : 6 =$

$26 - 11 =$

$9 + 9 =$

$24 - 11 =$

$8 : 8 =$

$23 - 6 =$

$15 + 9 =$

$11 + 9 =$

$54 : 6 =$

$25 + 1 =$

$84 : 14 =$

$1 \times 15 =$

$17 + 5 =$

$11 \times 4 =$

$41 : 41 =$

$16 + 1 =$

$28 - 10 =$

$18 + 9 =$

$26 + 0 =$

$29 - 10 =$

$48 : 48 =$

$40 : 8 =$

Finish  : Time  : **Week 9**

**Day 61**Month Date Start  : **Week 9**

$19 - 1 =$

$2 \times 40 =$

$64 : 8 =$

$21 \times 1 =$

$78 : 2 =$

$1 + 9 =$

$22 - 3 =$

$2 + 11 =$

$76 : 2 =$

$16 + 2 =$

$12 \times 1 =$

$56 : 2 =$

$22 + 3 =$

$2 \times 19 =$

$1 \times 82 =$

$37 : 37 =$

$2 \times 17 =$

$14 + 2 =$

$24 - 2 =$

$58 : 2 =$

$1 \times 18 =$

$25 + 4 =$

$22 \times 1 =$

$68 : 1 =$

$25 - 4 =$

$1 \times 39 =$

$82 : 1 =$

$1 \times 40 =$

$96 : 2 =$

$15 \times 2 =$

$8 : 4 =$

$4 + 13 =$

$3 \times 20 =$

$14 : 2 =$

$5 + 0 =$

$13 - 11 =$

$9 \times 7 =$

$20 : 2 =$

$6 + 5 =$

$7 + 5 =$

$7 + 11 =$

$36 : 3 =$

$2 + 0 =$

$8 \times 4 =$

$20 - 9 =$

$8 + 3 =$

$18 - 10 =$

$4 + 20 =$

$20 : 4 =$

$5 + 11 =$

$5 \times 4 =$

$21 - 7 =$

$17 - 3 =$

$4 \times 7 =$

$7 + 2 =$

$18 : 6 =$

$4 + 12 =$

$15 - 1 =$

$15 : 3 =$

$9 + 5 =$

$6 - 5 =$

$9 \times 5 =$

$9 - 6 =$

$6 \times 9 =$

$4 : 2 =$

$7 \times 4 =$

$7 + 8 =$

$6 : 6 =$

$6 + 7 =$

$8 \times 7 =$

$5 + 19 =$

$6 : 3 =$

$6 \times 10 =$

$2 : 1 =$

$6 + 20 =$

$8 + 1 =$

$14 : 7 =$

$4 + 21 =$

$15 - 2 =$

$16 : 4 =$

$8 + 7 =$

$10 - 6 =$

$8 + 9 =$

$18 : 3 =$

$6 + 1 =$

$28 : 7 =$

$6 + 4 =$

Finish  : Time  :

## Day 62

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

sec.

2. Memorize maximum amount of words in  
2 minutes .

bag	armchair	kaolin
floor	week	fork
sky	lard	computer
sofa	fridge	lily
shield	carpet	wife
suitcase	stretcher	lotus
mosquito	day	flint
song	stool	TV
larva	hoover	patronymic
fire	porridge	saucer

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

words

## Day 62

**Week 9**


Day-63

Stroop-test 10

Read the text below silently as quickly as possible, while saying (out loud) the

color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

Blue	Red	Blue	Green	Yellow
Red	Blue	Green	Yellow	Red
Yellow	Green	Blue	Red	Red
Green	Red	Green	Blue	Yellow
Blue	Yellow	Blue	Blue	Yellow
Blue	Green	Red	Yellow	Blue
Green	Red	Blue	Yellow	Green
Green	Red	Yellow	Blue	Yellow
Yellow	Blue	Red	Green	Red
Blue	Yellow	Red	Green	Green

Time \_\_\_\_:\_\_\_\_

# Day 64

Month  Date   
**Start**  :

**Week 10**

$28 + 40 = \boxed{\phantom{00}}$ 
  
 $80 : 16 = \boxed{\phantom{00}}$ 
  
 $1 + 7 = \boxed{\phantom{00}}$ 
  
 $52 : 52 = \boxed{\phantom{00}}$ 
  
 $4 + 11 = \boxed{\phantom{00}}$ 
  
 $34 : 17 = \boxed{\phantom{00}}$ 
  
 $26 - 7 = \boxed{\phantom{00}}$ 
  
 $1 + 10 = \boxed{\phantom{00}}$ 
  
 $10 \times 8 = \boxed{\phantom{00}}$ 
  
 $21 + 1 = \boxed{\phantom{00}}$ 
  
 $1 + 12 = \boxed{\phantom{00}}$ 
  
 $18 : 6 = \boxed{\phantom{00}}$ 
  
 $12 \times 3 = \boxed{\phantom{00}}$ 
  
 $23 + 2 = \boxed{\phantom{00}}$ 
  
 $30 - 9 = \boxed{\phantom{00}}$ 
  
 $4 \times 3 = \boxed{\phantom{00}}$ 
  
 $10 \times 2 = \boxed{\phantom{00}}$ 
  
 $19 + 3 = \boxed{\phantom{00}}$ 
  
 $2 \times 25 = \boxed{\phantom{00}}$ 
  
 $1 + 14 = \boxed{\phantom{00}}$ 
  
 $60 : 2 = \boxed{\phantom{00}}$ 
  
 $22 \times 3 = \boxed{\phantom{00}}$ 
  
 $25 + 3 = \boxed{\phantom{00}}$ 
  
 $13 \times 1 = \boxed{\phantom{00}}$ 
  
 $15 - 6 = \boxed{\phantom{00}}$ 
  
 $14 \times 2 = \boxed{\phantom{00}}$ 
  
 $60 : 1 = \boxed{\phantom{00}}$ 
  
 $2 \times 20 = \boxed{\phantom{00}}$ 
  
 $16 + 6 = \boxed{\phantom{00}}$

$0 + 19 = \boxed{\phantom{00}}$ 
  
 $45 : 9 = \boxed{\phantom{00}}$ 
  
 $1 \times 1 = \boxed{\phantom{00}}$ 
  
 $2 - 2 = \boxed{\phantom{00}}$ 
  
 $8 \times 2 = \boxed{\phantom{00}}$ 
  
 $19 - 3 = \boxed{\phantom{00}}$ 
  
 $6 \times 2 = \boxed{\phantom{00}}$ 
  
 $13 - 2 = \boxed{\phantom{00}}$ 
  
 $2 + 13 = \boxed{\phantom{00}}$ 
  
 $6 : 2 = \boxed{\phantom{00}}$ 
  
 $2 \times 8 = \boxed{\phantom{00}}$ 
  
 $6 - 5 = \boxed{\phantom{00}}$ 
  
 $1 \times 7 = \boxed{\phantom{00}}$ 
  
 $21 - 2 = \boxed{\phantom{00}}$ 
  
 $36 : 2 = \boxed{\phantom{00}}$ 
  
 $2 \times 27 = \boxed{\phantom{00}}$ 
  
 $4 - 3 = \boxed{\phantom{00}}$ 
  
 $19 : 1 = \boxed{\phantom{00}}$ 
  
 $15 - 7 = \boxed{\phantom{00}}$ 
  
 $1 \times 19 = \boxed{\phantom{00}}$ 
  
 $23 + 50 = \boxed{\phantom{00}}$ 
  
 $3 - 1 = \boxed{\phantom{00}}$ 
  
 $21 : 21 = \boxed{\phantom{00}}$ 
  
 $1 \times 21 = \boxed{\phantom{00}}$ 
  
 $0 + 4 = \boxed{\phantom{00}}$ 
  
 $24 : 3 = \boxed{\phantom{00}}$ 
  
 $25 + 8 = \boxed{\phantom{00}}$ 
  
 $4 - 2 = \boxed{\phantom{00}}$ 
  
 $14 : 2 = \boxed{\phantom{00}}$

$6 + 1 = \boxed{\phantom{00}}$ 
  
 $19 - 10 = \boxed{\phantom{00}}$ 
  
 $38 : 19 = \boxed{\phantom{00}}$ 
  
 $3 + 37 = \boxed{\phantom{00}}$ 
  
 $12 - 6 = \boxed{\phantom{00}}$ 
  
 $36 : 4 = \boxed{\phantom{00}}$ 
  
 $4 \times 20 = \boxed{\phantom{00}}$ 
  
 $54 : 6 = \boxed{\phantom{00}}$ 
  
 $21 - 7 = \boxed{\phantom{00}}$ 
  
 $13 - 5 = \boxed{\phantom{00}}$ 
  
 $36 : 18 = \boxed{\phantom{00}}$ 
  
 $6 + 0 = \boxed{\phantom{00}}$ 
  
 $8 : 1 = \boxed{\phantom{00}}$ 
  
 $13 - 4 = \boxed{\phantom{00}}$ 
  
 $9 + 0 = \boxed{\phantom{00}}$ 
  
 $56 : 8 = \boxed{\phantom{00}}$ 
  
 $9 + 4 = \boxed{\phantom{00}}$ 
  
 $14 - 5 = \boxed{\phantom{00}}$ 
  
 $20 + 4 = \boxed{\phantom{00}}$ 
  
 $14 : 2 = \boxed{\phantom{00}}$ 
  
 $22 - 6 = \boxed{\phantom{00}}$ 
  
 $5 \times 11 = \boxed{\phantom{00}}$ 
  
 $96 : 96 = \boxed{\phantom{00}}$ 
  
 $8 \times 10 = \boxed{\phantom{00}}$ 
  
 $32 : 2 = \boxed{\phantom{00}}$ 
  
 $17 + 23 = \boxed{\phantom{00}}$ 
  
 $15 - 11 = \boxed{\phantom{00}}$ 
  
 $5 + 10 = \boxed{\phantom{00}}$ 
  
 $9 \times 10 = \boxed{\phantom{00}}$

**Finish**  :

**Time**  :

**Day 65**Month Date Start  : **Week 10**

$1 \times 14 =$ <input type="text"/>	$5 : 5 =$ <input type="text"/>	$20 \times 5 =$ <input type="text"/>
$20 : 2 =$ <input type="text"/>	$11 - 9 =$ <input type="text"/>	$11 + 4 =$ <input type="text"/>
$4 + 11 =$ <input type="text"/>	$33 : 33 =$ <input type="text"/>	$28 - 7 =$ <input type="text"/>
$18 - 1 =$ <input type="text"/>	$11 - 6 =$ <input type="text"/>	$28 \times 1 =$ <input type="text"/>
$2 + 40 =$ <input type="text"/>	$4 + 4 =$ <input type="text"/>	$24 - 4 =$ <input type="text"/>
$6 : 1 =$ <input type="text"/>	$12 : 4 =$ <input type="text"/>	$3 - 3 =$ <input type="text"/>
$24 - 7 =$ <input type="text"/>	$12 - 9 =$ <input type="text"/>	$12 \times 4 =$ <input type="text"/>
$3 + 3 =$ <input type="text"/>	$8 + 4 =$ <input type="text"/>	$12 : 4 =$ <input type="text"/>
$42 : 6 =$ <input type="text"/>	$50 : 5 =$ <input type="text"/>	$10 + 5 =$ <input type="text"/>
$3 \times 13 =$ <input type="text"/>	$4 \times 12 =$ <input type="text"/>	$8 - 4 =$ <input type="text"/>
$24 - 6 =$ <input type="text"/>	$4 + 3 =$ <input type="text"/>	$11 \times 9 =$ <input type="text"/>
$17 - 0 =$ <input type="text"/>	$5 \times 14 =$ <input type="text"/>	$30 : 15 =$ <input type="text"/>
$2 + 11 =$ <input type="text"/>	$17 - 1 =$ <input type="text"/>	$1 \times 30 =$ <input type="text"/>
$13 : 1 =$ <input type="text"/>	$90 : 10 =$ <input type="text"/>	$7 + 10 =$ <input type="text"/>
$25 - 6 =$ <input type="text"/>	$13 + 0 =$ <input type="text"/>	$26 \times 2 =$ <input type="text"/>
$18 - 4 =$ <input type="text"/>	$35 : 5 =$ <input type="text"/>	$27 - 4 =$ <input type="text"/>
$28 : 2 =$ <input type="text"/>	$12 \times 1 =$ <input type="text"/>	$1 \times 34 =$ <input type="text"/>
$1 + 10 =$ <input type="text"/>	$18 + 20 =$ <input type="text"/>	$6 - 2 =$ <input type="text"/>
$13 \times 1 =$ <input type="text"/>	$60 : 10 =$ <input type="text"/>	$35 \times 1 =$ <input type="text"/>
$26 - 7 =$ <input type="text"/>	$3 + 10 =$ <input type="text"/>	$30 - 1 =$ <input type="text"/>
$3 + 17 =$ <input type="text"/>	$25 \times 3 =$ <input type="text"/>	$27 \times 2 =$ <input type="text"/>
$12 + 0 =$ <input type="text"/>	$15 : 15 =$ <input type="text"/>	$50 : 5 =$ <input type="text"/>
$18 : 3 =$ <input type="text"/>	$19 + 30 =$ <input type="text"/>	$2 \times 41 =$ <input type="text"/>
$3 + 11 =$ <input type="text"/>	$21 : 3 =$ <input type="text"/>	$8 - 6 =$ <input type="text"/>
$19 - 0 =$ <input type="text"/>	$7 + 7 =$ <input type="text"/>	$7 - 7 =$ <input type="text"/>
$1 \times 11 =$ <input type="text"/>	$30 : 5 =$ <input type="text"/>	$26 : 1 =$ <input type="text"/>
$18 + 5 =$ <input type="text"/>	$27 - 7 =$ <input type="text"/>	$4 + 13 =$ <input type="text"/>
$3 + 12 =$ <input type="text"/>	$9 \times 11 =$ <input type="text"/>	$21 \times 2 =$ <input type="text"/>
$2 \times 10 =$ <input type="text"/>	$20 + 3 =$ <input type="text"/>	$23 : 1 =$ <input type="text"/>

Finish  : Time  :

**Day 66**Month  Date Start :**Week 10**

$6 \times 1 =$ <input type="text"/>	$33 \times 1 =$ <input type="text"/>	$2 + 42 =$ <input type="text"/>
$7 - 2 =$ <input type="text"/>	$1 - 1 =$ <input type="text"/>	$10 - 8 =$ <input type="text"/>
$18 : 18 =$ <input type="text"/>	$2 \times 1 =$ <input type="text"/>	$9 : 1 =$ <input type="text"/>
$4 - 4 =$ <input type="text"/>	$24 : 6 =$ <input type="text"/>	$1 + 5 =$ <input type="text"/>
$4 \times 22 =$ <input type="text"/>	$8 \times 1 =$ <input type="text"/>	$33 : 3 =$ <input type="text"/>
$7 \times 7 =$ <input type="text"/>	$33 : 11 =$ <input type="text"/>	$2 + 6 =$ <input type="text"/>
$14 : 14 =$ <input type="text"/>	$2 + 33 =$ <input type="text"/>	$81 : 9 =$ <input type="text"/>
$8 - 3 =$ <input type="text"/>	$5 - 3 =$ <input type="text"/>	$18 - 0 =$ <input type="text"/>
$3 \times 23 =$ <input type="text"/>	$20 : 1 =$ <input type="text"/>	$2 \times 14 =$ <input type="text"/>
$9 : 1 =$ <input type="text"/>	$9 - 5 =$ <input type="text"/>	$30 : 2 =$ <input type="text"/>
$2 \times 17 =$ <input type="text"/>	$5 \times 2 =$ <input type="text"/>	$4 \times 13 =$ <input type="text"/>
$9 - 3 =$ <input type="text"/>	$5 + 7 =$ <input type="text"/>	$19 + 20 =$ <input type="text"/>
$2 + 18 =$ <input type="text"/>	$20 : 4 =$ <input type="text"/>	$49 : 7 =$ <input type="text"/>
$4 : 1 =$ <input type="text"/>	$2 \times 7 =$ <input type="text"/>	$14 - 1 =$ <input type="text"/>
$2 \times 24 =$ <input type="text"/>	$1 \times 17 =$ <input type="text"/>	$0 + 3 =$ <input type="text"/>
$3 : 3 =$ <input type="text"/>	$2 - 1 =$ <input type="text"/>	$64 : 8 =$ <input type="text"/>
$17 \times 3 =$ <input type="text"/>	$3 \times 25 =$ <input type="text"/>	$20 - 1 =$ <input type="text"/>
$40 : 2 =$ <input type="text"/>	$2 : 1 =$ <input type="text"/>	$14 \times 1 =$ <input type="text"/>
$16 \times 2 =$ <input type="text"/>	$6 - 4 =$ <input type="text"/>	$25 - 7 =$ <input type="text"/>
$16 - 10 =$ <input type="text"/>	$2 + 17 =$ <input type="text"/>	$11 + 0 =$ <input type="text"/>
$6 \times 10 =$ <input type="text"/>	$2 \times 6 =$ <input type="text"/>	$24 : 3 =$ <input type="text"/>
$36 : 9 =$ <input type="text"/>	$4 : 4 =$ <input type="text"/>	$13 \times 2 =$ <input type="text"/>
$7 - 5 =$ <input type="text"/>	$3 - 3 =$ <input type="text"/>	$5 + 11 =$ <input type="text"/>
$2 \times 22 =$ <input type="text"/>	$8 \times 3 =$ <input type="text"/>	$14 \times 2 =$ <input type="text"/>
$8 - 1 =$ <input type="text"/>	$24 : 6 =$ <input type="text"/>	$0 + 11 =$ <input type="text"/>
$6 \times 3 =$ <input type="text"/>	$2 \times 29 =$ <input type="text"/>	$20 : 5 =$ <input type="text"/>
$7 - 6 =$ <input type="text"/>	$24 : 12 =$ <input type="text"/>	$11 \times 3 =$ <input type="text"/>
$15 \times 3 =$ <input type="text"/>	$11 \times 1 =$ <input type="text"/>	$2 \times 9 =$ <input type="text"/>
$16 - 7 =$ <input type="text"/>	$8 \times 5 =$ <input type="text"/>	$30 : 6 =$ <input type="text"/>

Finish :Time :

**Day 67**Month  Date Start  : **Week 10**

$16 : 1 =$

$4 \times 1 =$

$48 : 3 =$

$2 \times 11 =$

$10 - 3 =$

$2 + 8 =$

$3 : 3 =$

$5 - 1 =$

$7 \times 8 =$

$5 + 13 =$

$15 - 7 =$

$8 \times 2 =$

$5 + 20 =$

$9 \times 1 =$

$25 : 5 =$

$8 + 3 =$

$8 + 6 =$

$12 - 2 =$

$6 \times 6 =$

$5 \times 10 =$

$13 - 7 =$

$10 - 7 =$

$60 : 2 =$

$3 + 5 =$

$3 - 0 =$

$12 : 4 =$

$7 + 6 =$

$8 \times 11 =$

$7 + 15 =$

$2 + 5 =$

$2 - 1 =$

$1 + 22 =$

$2 \times 9 =$

$2 : 1 =$

$0 + 1 =$

$6 - 2 =$

$7 \times 5 =$

$17 - 6 =$

$36 : 2 =$

$2 + 22 =$

$5 \times 9 =$

$16 : 4 =$

$0 + 18 =$

$11 - 2 =$

$4 \times 9 =$

$90 : 30 =$

$9 - 6 =$

$4 \times 2 =$

$27 : 3 =$

$5 + 9 =$

$16 + 24 =$

$4 \times 8 =$

$16 : 2 =$

$7 + 3 =$

$4 - 1 =$

$1 \times 10 =$

$4 + 22 =$

$14 : 2 =$

$1 \times 27 =$

$9 + 7 =$

$2 - 2 =$

$2 \times 30 =$

$29 : 1 =$

$6 + 15 =$

$18 : 9 =$

$11 \times 4 =$

$44 : 2 =$

$8 + 6 =$

$23 - 2 =$

$3 \times 33 =$

$66 : 3 =$

$8 - 2 =$

$7 - 2 =$

$2 \times 35 =$

$22 - 1 =$

$4 + 12 =$

$21 : 7 =$

$1 - 0 =$

$26 \times 1 =$

$96 : 3 =$

$1 \times 36 =$

$2 + 14 =$

$27 : 1 =$

$8 - 8 =$

$1 \times 39 =$

$5 - 6 =$

$42 - 4 =$

Finish  : Time  :

**Day 68**Month  Date Start  : **Week 10**

$5 + 15 =$

$3 + 11 =$

$26 - 4 =$

$22 : 11 =$

$12 - 9 =$

$1 + 16 =$

$9 \times 1 =$

$3 \times 9 =$

$30 \times 1 =$

$14 - 7 =$

$15 : 5 =$

$5 + 14 =$

$5 + 20 =$

$4 + 9 =$

$23 \times 3 =$

$16 : 4 =$

$6 \times 2 =$

$12 : 6 =$

$6 - 6 =$

$10 - 4 =$

$14 + 2 =$

$2 \times 3 =$

$8 + 2 =$

$30 - 7 =$

$25 + 45 =$

$4 \times 11 =$

$5 + 18 =$

$11 - 4 =$

$2 \times 15 =$

$11 \times 6 =$

$2 \times 18 =$

$24 : 4 =$

$37 : 37 =$

$55 : 5 =$

$4 + 4 =$

$9 - 4 =$

$2 \times 23 =$

$6 : 2 =$

$5 : 5 =$

$2 : 2 =$

$7 + 10 =$

$10 \times 8 =$

$15 - 9 =$

$12 - 8 =$

$6 + 16 =$

$66 : 6 =$

$3 : 1 =$

$11 - 6 =$

$9 - 6 =$

$6 \times 8 =$

$20 : 5 =$

$17 + 40 =$

$20 : 4 =$

$30 \times 2 =$

$8 : 4 =$

$7 + 2 =$

$13 + 1 =$

$13 - 7 =$

$5 \times 7 =$

$28 - 4 =$

$7 : 1 =$

$30 : 5 =$

$21 \times 3 =$

$1 \times 20 =$

$8 + 5 =$

$36 : 4 =$

$20 - 11 =$

$8 - 5 =$

$26 - 10 =$

$6 : 6 =$

$2 \times 5 =$

$10 - 6 =$

$3 + 1 =$

$12 : 2 =$

$42 : 6 =$

$17 - 10 =$

$7 + 14 =$

$22 \times 2 =$

$12 : 3 =$

$8 \times 1 =$

$24 - 11 =$

$24 + 0 =$

$10 - 9 =$

$6 + 12 =$

$5 \times 12 =$

$5 + 15 =$

$23 \times 1 =$

Finish  : Time  :

# Day 69

Week 10

1. Count out loud from 1 to 120 as fast as you can.  
Write down the time it took in seconds below.

 sec.

2. Memorize maximum amount of words in  
2 minutes .

catbird	door	actor
leaf	peach	combine
grove	farm	globe
pine	eye	garden
coat	kayak	base
letter	snowboard	satchel
moon	space	soup
size	horse	stage
dove	orange	trailer
rowan	tea	price

Write them down into space without repetition.  
Words do not have to be in sequential order.  
Write down total amount of words below.

 words

## Day 69

Week 10


Day 70

Stroop-test -11

Read the text below silently as quickly as possible, while saying ( out loud) the color of each word you read. If you make a mistake, say the correct color and continue. Time yourself while doing the exercise and record it in min. and sec.  
(e.g. 2 min, 35 sec.)

Blue	Green	Red	Yellow	Blue
Green	Red	Blue	Yellow	Green
Yellow	Red	Yellow	Green	Blue
Blue	Yellow	Blue	Blue	Yellow
Red	Yellow	Green	Green	Blue
Blue	Green	Yellow	Blue	Red
Red	Red	Blue	Green	Yellow
Yellow	Blue	Green	Red	Red
Green	Blue	Red	Yellow	Red
Red	Green	Green	Yellow	Blue

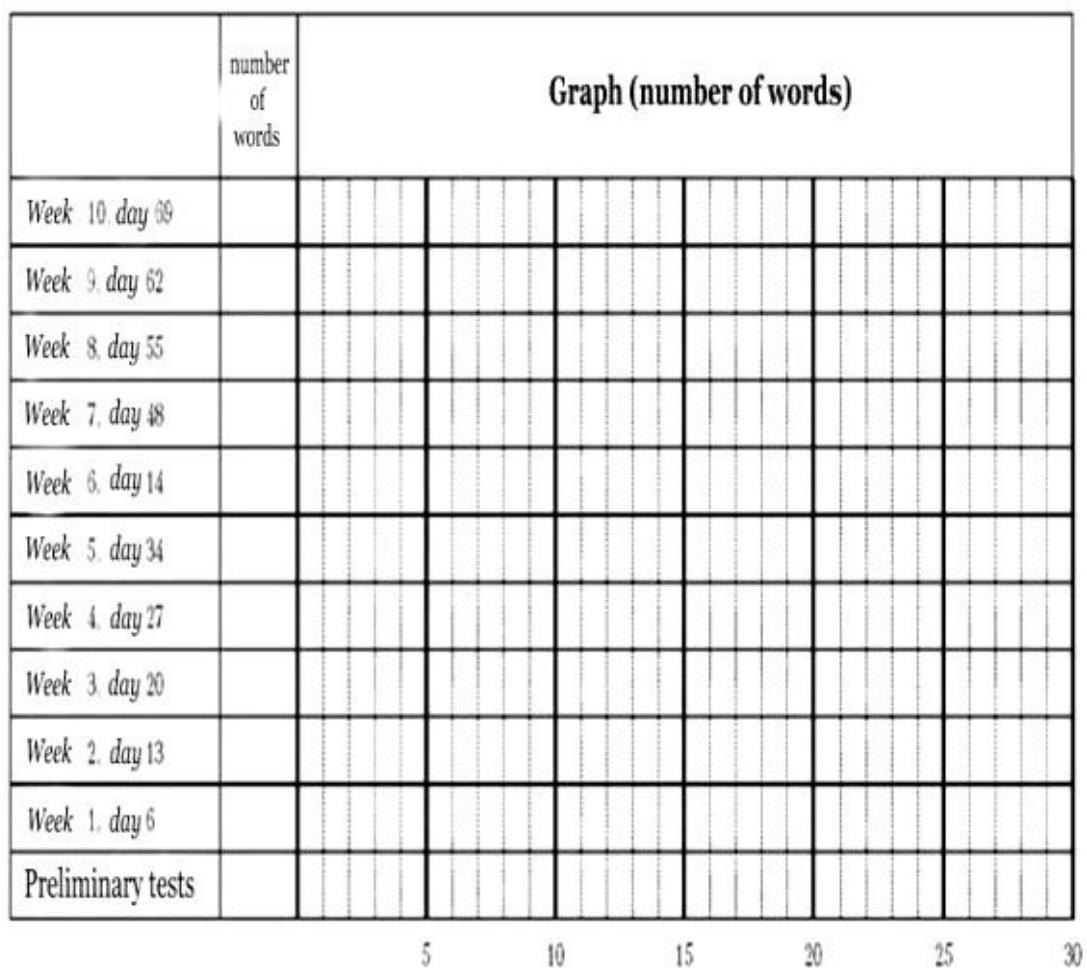
Time \_\_\_\_ : \_\_\_\_

## Tables for Profitability Analysis

### 1.The speed of counting (1-120)

	Time		Graph '(min.)' '(c)						
	min.	sec.	30"	1'	1'30"	2'	2'30"	3'	3'30"
Week 10, day 69									
Week 9, day 62									
Week 8, day 55									
Week 7, day 48									
Week 6, day 41									
Week 5, day 34									
Week 4, day 27									
Week 3, day 20									
Week 2, day 13									
Week 1, day 6									
Preliminary test									
	min.	sec.	30"	1'	1'30"	2'	2'30"	3'	3'30"

## 2. Memorizing words



### 3. Stroop-Test

	Time		Graph '(min)"(c)						
	min.	sec.	30"	1'	1'30"	2'	2'30"	3'	3'30"
Week 10, day 70									
Week 9, day 63									
Week 8, day 56									
Week 7, day 49									
Week 6, day 42									
Week 5, day 35									
Week 4, day 28									
Week 3, day 21									
Week 2, day 14									
Week 1, day 7									
Preliminary test									
	min.	sec.	30"	1'	1'30"	2'	2'30"	3'	3'30"

---

#### **4. Mathematical calculation during 52 days ( 1st - 5th days each week)**

Week 5	Day 38										
	Day 37										
	Day 36										
	Day 33										
	Day 32										
Week 4	Day 31										
	Day 30										
	Day 29										
	Day 26										
	Day 25										
Week 3	Day 24										
	Day 23										
	Day 22										
	Day 19										
	Day 18										
Week 2	Day 17										
	Day 16										
	Day 15										
	Day 12										
	Day 11										
Week 1	Day 10										
	Day 9										
	Day 8										
	Day 5										
	Day 4										
			1'<	1'-1'30"	1'30"-2'	2"-2'30"	2'30"-3'	3"-3'30"	3'30"-4'	4"-4'30"	4'30"-5'

## **Chapter 5 - Working with intelligent simulator based on the tables Schulte.**

### **How to make a Schulte table.**

To make this unique exercise perform at its best, you have to invest a little preparatory work. Cut squares of paper ten sizes 25 to 25 centimeters. Divide them into 25 cells with sides 5 by 5 centimeters, and type in the number of these cells in accordance with samples presented in the book. The numbers should be black (portray them in black ink, markers or paint). Make them clear and large enough. Position number exactly in the center of each cell.

Do not be lazy, fabricate the table, so you create the perfect tool for training the brain, which will benefit not only you but also your family, friends and acquaintances.

**1**

20	4	23	19	2
6	18	10	11	22
24	1	14	17	7
3	8	12	25	13
9	21	16	15	5

**Time**  :

20	11	16	1	18
2	21	4	14	8
13	9	19	24	5
25	15	6	23	17
10	7	22	12	3

**Time**  :

8	14	11	3	15
21	4	25	6	13
2	23	19	24	22
20	10	9	17	5
7	12	1	18	16

Time  :

21	22	9	19	14
2	5	18	25	12
23	15	6	13	8
24	11	3	17	1
4	7	16	20	10

Time  :

21	20	5	23	2
14	10	19	15	25
12	3	7	13	9
24	22	8	18	11
4	17	6	16	1

**Time**  :

23	22	1	11	9
12	25	6	14	8
21	3	17	4	19
7	2	20	13	10
16	5	24	15	18

**Time**  :

3	21	13	4	20
8	5	1	15	11
19	12	23	7	22
10	6	14	24	18
25	17	2	16	9

Time  :

25	22	14	21	15
10	5	20	1	19
4	17	12	11	24
6	13	3	18	2
23	9	7	16	8

Time  :

11	25	20	24	3
23	12	21	6	16
19	10	15	2	7
9	1	13	14	22
17	18	8	5	4

Time  :

8	1	5	16	6
10	25	3	11	24
2	15	4	13	23
20	9	22	19	17
14	18	12	21	7

Time  :

20	9	5	21	8
11	18	1	22	7
4	15	14	2	25
13	6	17	10	23
12	3	19	16	24

:

11	24	8	13	2
15	20	5	22	10
17	14	1	18	4
23	7	6	19	12
9	3	25	21	16

:

# 2

1	25	11	3	16
14	10	15	13	4
6	19	20	21	8
18	24	17	7	12
5	23	9	22	2

Time  :

16	1	8	21	25
13	24	17	20	12
2	9	22	11	18
7	19	5	4	6
3	15	10	23	14

Time  :

14	22	25	19	7
6	11	3	15	4
24	23	20	8	21
13	18	2	12	16
5	9	10	17	1

Time  :

21	20	6	1	12
8	25	14	17	19
22	9	24	10	7
18	15	2	4	16
3	11	23	13	5

Time  :

21	10	17	8	2
19	25	16	15	23
1	7	9	12	3
11	6	13	18	5
4	14	24	22	20

Time  :

14	19	9	2	16
20	3	23	6	25
13	11	22	4	1
8	18	10	7	24
12	17	5	21	15

Time  :

6	15	2	13	10
21	12	11	7	8
23	9	18	4	20
1	17	22	25	5
24	14	19	3	16

Time  :

20	25	1	12	23
14	9	18	5	15
4	10	22	24	3
19	8	2	11	16
21	13	7	6	17

Time  :

6	11	1	23	2
25	21	15	7	19
24	5	18	14	8
13	22	9	20	16
10	12	4	17	3

Time  :

3	18	16	12	5
6	11	4	19	10
8	22	21	7	15
23	14	25	1	17
24	13	20	9	2

Time  :

3	21	11	16	4
20	8	15	18	9
7	2	6	24	17
25	13	19	5	23
12	10	1	14	22

Time  :

12	6	4	21	25
1	11	23	5	15
14	17	20	9	18
10	22	2	24	7
13	3	19	8	16

Time  :

# 3

10	16	22	14	5
24	6	2	18	23
17	12	4	11	1
9	25	15	13	7
19	8	20	3	21

Time  :

9	13	5	12	3
16	22	10	19	18
15	4	2	11	8
17	23	25	21	1
6	14	24	7	20

Time  :

15	13	14	10	5
11	8	2	18	21
6	25	24	20	12
17	23	7	9	3
16	4	19	1	22

**Time**  :

12	2	25	24	6
15	18	20	8	1
4	21	10	7	14
13	16	3	17	19
11	22	5	23	9

**Time**  :

3	21	12	2	25
17	20	5	16	6
7	23	22	14	11
18	8	13	24	15
4	9	19	10	1

Time  :

10	3	9	5	15
25	14	20	7	11
22	1	18	13	24
2	8	6	23	19
16	4	12	21	17

Time  :

24	5	22	12	13
15	1	10	18	2
8	23	6	21	25
7	3	19	11	20
4	9	16	17	14

Time  :

24	21	17	18	1
15	3	14	9	20
19	13	23	7	11
10	2	5	25	8
22	16	4	12	6

Time  :

13	22	6	8	21
19	24	16	20	18
10	3	25	1	4
23	11	17	9	15
14	7	2	12	5

Time  :

15	13	1	4	21
23	3	12	22	25
9	14	18	11	2
17	6	10	5	24
8	20	7	16	19

Time  :

24	3	14	8	5
6	16	17	20	21
10	15	22	2	12
25	4	19	11	9
18	13	23	1	7

Time  :

10	1	19	16	5
23	12	2	21	14
4	20	7	15	3
11	8	6	9	25
18	24	17	22	13

Time  :

# 4

19	5	8	2	13
3	7	25	23	4
18	22	20	10	21
17	15	11	24	12
9	1	14	6	16

Time  :

13	11	7	15	3
6	2	20	19	9
12	8	22	1	23
16	14	24	5	18
4	21	10	17	25

Time  :

16	22	20	19	14
9	13	1	24	2
12	7	17	3	23
21	6	10	15	8
25	11	4	18	5

Time  :

20	8	19	24	23
22	18	11	4	25
16	12	1	5	10
21	6	7	3	15
9	17	2	13	14

Time  :

18	3	11	16	22
13	8	14	6	23
24	15	10	19	4
7	17	9	5	25
20	1	21	12	2

Time  :

1	25	13	21	23
9	2	5	7	15
12	19	3	11	16
17	14	22	20	4
18	24	6	8	10

Time  :

1	24	18	3	6
10	8	12	13	23
22	4	25	15	17
7	21	14	11	9
20	16	2	19	5

Time  :

10	4	17	9	3
18	15	19	14	1
22	11	21	24	12
16	7	20	8	5
6	13	23	2	25

Time  :

10	11	17	9	18
3	15	19	4	1
22	14	21	8	12
16	7	24	5	20
23	13	2	25	6

**Time**  :

1	23	24	6	22
9	25	8	13	10
20	14	21	3	16
7	17	15	12	18
19	4	11	5	2

**Time**  :

22	9	5	25	4
19	17	20	2	8
12	13	14	23	10
6	15	24	7	11
21	3	18	16	1

Time  :

18	2	21	16	3
12	20	15	9	11
23	1	22	14	4
7	5	10	8	24
19	25	17	13	6

Time  :

# 5

24	9	20	10	5
13	15	6	4	14
2	7	25	1	18
22	12	17	16	19
3	11	8	23	21

Time  :

22	7	1	15	8
17	13	14	9	12
3	11	23	5	18
20	24	10	19	4
16	6	2	25	21

Time  :

9	11	2	4	16
19	25	13	15	21
10	5	7	24	18
23	20	3	12	22
8	17	14	6	1

Time  :

19	25	4	22	12
18	2	11	16	10
5	9	15	13	6
7	8	24	20	23
17	21	3	14	1

Time  :

23	4	16	19	11
17	12	2	9	1
18	8	7	22	21
10	25	20	14	3
15	13	5	24	6

Time  :

19	10	1	21	15
4	7	12	3	9
13	5	16	17	25
23	8	14	2	18
11	22	24	6	20

Time  :

10	20	4	8	6
18	7	25	16	3
15	9	22	19	1
23	2	14	12	17
13	5	21	24	11

Time  :

14	18	3	20	17
4	10	15	7	9
22	16	12	2	24
1	5	13	8	6
25	11	21	19	23

Time  :

3	17	8	25	20
21	16	1	21	13
19	5	22	4	18
12	23	11	15	14
6	9	7	24	2

Time  :

21	10	24	15	4
25	6	16	22	20
19	8	18	1	9
11	13	7	3	17
5	2	23	12	14

Time  :

13	4	23	20	3
24	10	18	7	21
14	8	25	1	15
17	16	2	12	6
5	22	19	9	11

Time  :

7	20	14	15	17
2	3	22	9	4
21	19	23	13	11
8	5	10	16	18
25	1	6	24	12

Time  :

# 6

6	14	7	22	19
20	4	23	21	13
15	2	24	9	12
25	3	16	17	8
5	11	18	10	1

Time  :

7	1	16	23	9
21	20	12	6	11
15	8	4	3	22
14	18	25	10	17
24	5	19	13	2

Time  :

5	13	20	4	21
23	18	8	19	15
3	7	12	14	25
17	11	24	6	22
16	2	9	1	10

**Time**  :

20	1	17	25	16
24	18	7	5	10
14	6	21	9	13
2	22	19	8	4
23	12	3	11	15

**Time**  :

13	3	6	21	4
18	24	14	10	25
8	2	20	23	11
5	16	1	15	7
17	12	19	9	22

Time  :

16	12	24	1	23
2	7	18	20	6
11	25	14	21	4
22	5	10	8	15
3	19	17	13	9

Time  :

25	13	20	10	3
7	4	11	17	8
19	5	22	23	6
21	14	16	1	15
24	9	18	2	12

Time  :

12	9	2	25	20
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15	19	14	3	17
1	6	13	18	8
16	11	21	23	5

Time  :

17	16	19	23	15
22	25	10	5	18
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7	3	24	11	4

Time  :

2	16	6	20	4
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24	23	13	17	11
7	8	14	5	22

Time  :

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16	21	22	2	18
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10	23	20	5	17
24	25	8	3	15

Time  :

1	8	5	3	9
18	19	7	13	17
14	20	10	15	6
4	23	21	22	11
12	16	2	24	25

Time  :

**7**

21	25	14	3	7
1	19	12	13	16
18	24	15	6	23
5	22	17	10	11
8	9	20	2	4

**Time**  :

3	18	2	7	22
13	16	10	14	5
20	4	6	1	21
15	25	17	12	9
8	19	23	24	11

**Time**  :

12	4	9	25	16
22	19	3	18	13
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2	20	11	17	21

Time  :

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Time  :

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Time  :

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8	6	15	2	21
13	22	1	25	5

Time  :

2	9	20	24	1
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17	10	15	8	11
4	6	21	25	16

Time  :

25	7	17	14	2
8	22	5	23	19
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4	21	9	1	16
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Time  :

17	6	19	11	1
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4	21	14	25	5
24	7	22	13	3

Time  :

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4	1	11	19	5
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Time  :

9	20	24	5	15
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3	17	22	7	18
19	6	8	11	4

Time  :

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16	13	4	22	25
10	21	15	8	12
3	18	11	1	9

Time  :

# 8

23	5	25	11	20
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2	10	6	16	9
24	15	21	19	22
4	12	7	17	14

Time  :

17	9	24	25	12
8	6	1	15	7
23	21	19	3	11
20	13	4	16	5
2	14	10	18	22

Time  :

11	3	24	15	19
17	6	12	8	21
4	13	25	20	2
14	5	1	23	16
9	7	18	10	22

Time  :

19	1	17	14	18
23	24	4	3	22
11	9	7	25	6
8	16	10	5	12
13	20	2	15	21

Time  :

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Time  :

20	22	18	17	25
19	1	5	2	16
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Time  :

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3	15	18	9	4
12	1	25	22	6

Time  :

19	17	9	18	15
7	11	16	6	3
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4	22	24	1	21
14	10	12	8	23

Time  :

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20	13	8	5	25
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14	18	6	19	4
17	22	3	12	23

Time  :

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24	11	7	22	1
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14	13	18	25	21
19	3	8	23	4

Time  :

15	25	13	19	24
12	4	22	11	5
1	18	6	7	8
23	20	17	14	2
3	10	16	9	21

Time  :

7	19	16	25	6
1	10	20	24	14
12	17	21	9	3
4	11	2	23	15
5	13	22	8	18

Time  :

# 9

14	19	18	2	10
23	22	5	12	20
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8	17	24	13	4
9	21	3	15	11

Time  :

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16	12	21	8	5
15	4	11	25	10
22	17	1	23	9
6	7	24	13	2

Time  :

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25	3	9	19	18
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20	5	23	15	22

Time  :

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9	22	13	1	8
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15	19	5	4	20
3	24	10	16	7

Time  :

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21	10	9	2	20
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4	17	8	5	14

Time  :

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25	18	19	15	13
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12	10	4	9	23
1	7	17	22	8

Time  :

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5	18	3	11	9

**Time**  :

5	12	2	14	7
1	22	13	3	17
16	25	4	8	9
11	20	18	24	21
6	10	23	19	15

**Time**  :

12	1	17	11	23
19	8	4	10	21
3	13	16	14	2
5	24	25	20	7
22	6	18	15	9

Time  :

1	5	20	9	11
14	13	3	7	15
17	6	12	25	19
22	10	16	8	24
23	2	18	4	21

Time  :

24	8	18	10	11
19	13	1	12	20
3	21	17	23	5
22	14	15	2	25
16	9	4	6	7

Time  :

12	10	14	24	20
8	15	13	4	11
17	19	1	7	21
9	23	16	18	5
22	3	6	25	2

Time  :

## **Conclusion.**

In conclusion you have at your complete disposal, the unique tools that provide the ability to awaken the unused area of your brain and turn it into active, to develop creativity, to effectively solve any of life's challenges with talent to set goals and achieve them.

The knowledge gained will help you better manage your life; find answers to all the questions, to generate many wonderful creative ideas.

You can continue to engage in the proposed method indefinitely, conquering new highs, perfect in your chosen business. Surely, you've been able to do to ensure their effectiveness and the combined action of the whole body. By learning to control your mind and changing ourselves, we change our lives and the world around us!

And remember that it is the key to record stability of your results.

**Good luck, and do not doubt in your success!**

**If you enjoy this book, PLEASE take the time to share your thoughts and post an objective review on Amazon. It was greatly appreciated.**

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