

DAILY MIND GYM: COGNITIVE MEMORY & PATTERN TEST

4-Station Mental Workout: Digit Span, Spatial Matrix, Lexical Speed & Focus

STATION 1: WORKING MEMORY DIGIT SPAN

Study number for 5 seconds, cover, write forward and backward:

Level 1 (5 Digits): 7 - 2 - 9 - 4 - 1

Recall: [][][][][]

Reverse: [][][][][]

Level 2 (6 Digits): 3 - 8 - 1 - 5 - 9 - 2

Recall: [][][][][][]

Reverse: [][][][][][]

Level 3 (7 Digits): 6 - 4 - 9 - 1 - 8 - 3 - 7

Recall: [][][][][][][]

Reverse: [][][][][][][]

STATION 2: SPATIAL MATRIX PATTERNS

Identify the logical sequence rule and fill the final empty matrix:

Matrix A: 90 Deg Clockwise Rotation

Matrix B: Binary Intersection Sum

STATION 3: SPEED LEXICAL FLUENCY

60-Second Challenge: Write 8 words starting with letter 'P':

1.

2.

3.

4.

5.

6.

7.

8.

STATION 4: INHIBITORY CONTROL & FOCUS

Verify mathematical equations under cognitive conflict timer:

Task A: 14 + 19 - 8 = 25 [] TRUE [] FALSE

Task B: (6 * 7) - 15 = 27 [] TRUE [] FALSE

Task C: 72 / 8 + 14 = 23 [] TRUE [] FALSE

Task D: 5^2 - 13 = 14 [] TRUE [] FALSE

Task E: 8 * 9 - 28 = 44 [] TRUE [] FALSE

DAILY COGNITIVE PERFORMANCE METRICS & MENTAL ACUITY LOG

STATION ACCURACY

STATION 1 Span: ____ / 7

STATION 2 Matrix: ____ / 2

STATION 3 Fluency: ____ Words

PROCESSING TIMERS

Session Start: _____

Completion Time: _____

Focus Quality: [] 100% Flow

OVERALL BRAIN SCORE

Total Score: ____ / 100

Daily Rank: [] Master [] Elite

Neuro Status: * * * * *