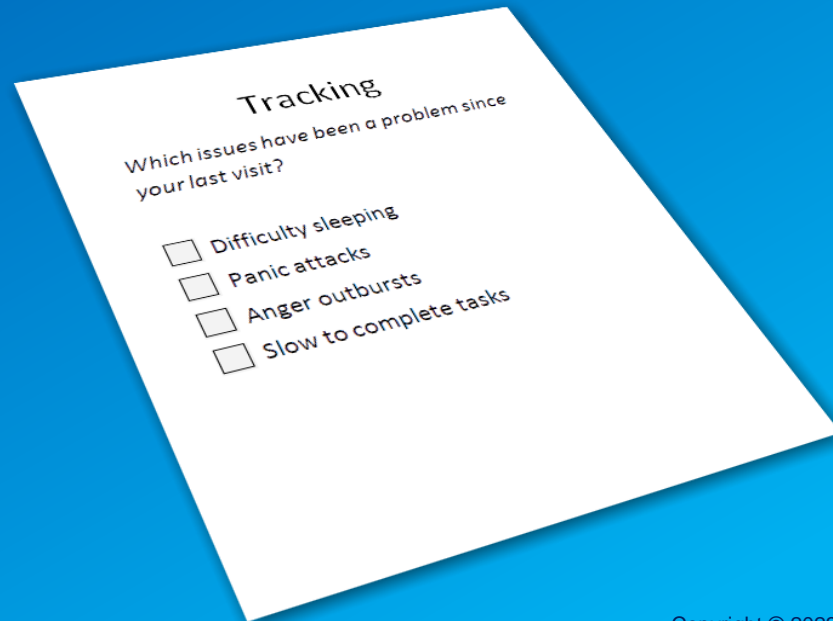


Understanding Your Whole-Brain Training Plan

Measuring Progress

Tracking for success

- Develop a list of issues
- Track at each session



Tracking

Which issues have been a problem since your last visit?

- Difficulty sleeping
- Panic attacks
- Anger outbursts
- Slow to complete tasks

Watch for signs of overmedication

- Make a list of symptoms
- Note when symptoms appear
- Discuss reducing dosage with physician



The Finish Line

- **Begin to space out sessions after reaching training goals.**
 - Try weekly sessions
 - Try every 10 days
 - Try 2 weeks between sessions
- **Repeat training cycle until effects remain 2 weeks or more without training.**
- **Consult with mentor about targeting a specific issue more heavily.**

Training Instructions

- Don't think
- Don't try
- Don't judge how well you are doing

Just pay attention to the feedback.