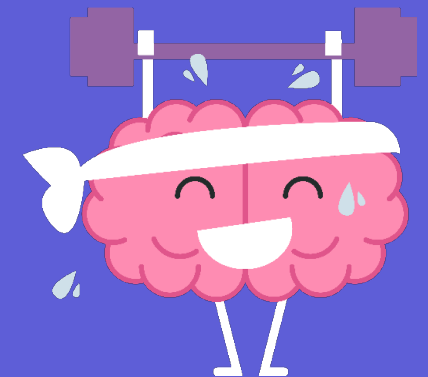


Memory program

15 minutes a day during 4 weeks to boost your memory





Memory program

Week 1

15 minutes/day

<input type="checkbox"/>		Crazy Chessboard x3 (Easy)	ColorMind x3 (Easy)	Furious Cards x3 (Easy)	See index 1
<input type="checkbox"/>		Around the World x3 ("Name the Location" mode - Easy)	The Hangman x3 (Easy)	Hunting Intruder x3 (Easy)	See index 2
<input type="checkbox"/>		Rest day			
<input type="checkbox"/>		Granny Cooks x3 ("Ingredients" mode - Easy)	Flying Balloons x3 (Easy)	Twins x3 (Easy)	See index 3
<input type="checkbox"/>		Musical ear x3 ("Sounds" mode - Easy)	A Card A Date x3 ("Timeline" mode - Easy)	Brain Storm x3 (Easy)	See index 4
<input type="checkbox"/>		Rest day			
<input type="checkbox"/>		Silly Sequence x3 ("Numbers" mode- Easy)	Syllabus x3 (Easy)	Quizzle x3 (Easy)	See index 5



Memory program

Week 2

15 minutes/day



Furious Cards **x3**
(Easy)



The Hangman **x3**
(Medium)



Hunting Intruder **x3**
(Medium)

[See index 6](#)



Rest day



ColorMind **x3**
(Easy)

Try to memorize the sequence in reverse order



Simili **x3**
(Medium)

When finding a picture, name it, to work your language



Flying Balloons **x3**
(Medium)

[See index 7](#)



Sudoku **x3**
(Easy)



Puzzle Plus **x3**
(Medium)

To solve the puzzle, try not to look at the model picture



Brain Storm **x3**
(Easy)

[See index 8](#)



Rest day



Twins **x3**
(Medium)



Quizzle **x3**
(Easy)



Hunting Intruder **x3**
(Medium)

[See index 9](#)



Syllabus **x3**
(Easy)

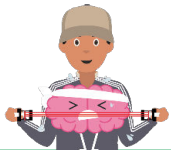


Around the World **x3**
("Find the Location" mode - Medium)



Congested Parking **x3**
(Medium)













[See index 10](#)



Memory program

Week 3

🕒 15 minutes/day

<input type="checkbox"/>	Monday	zZ Rest day zZ		
<input type="checkbox"/>	Tuesday	<div> Crazy Chessboard x3 (Medium) <div>Try to first memorize groups of squares, then isolated squares</div></div>	<div> Syllabus x3 (Medium)</div>	<div> A Card A Date x3 (Medium)</div> <div>See index 11</div>
<input type="checkbox"/>	Wednesday	<div> ColorMind x3 (Hard)</div>	<div> Furious Cards x3 (Medium) <div>Try to recreate the sequence starting from the last picture</div></div>	<div> Granny Cooks x3 ("Recipe" mode - Hard)</div> <div>See index 12</div>
<input type="checkbox"/>	Thursday	zZ Rest day zZ		
<input type="checkbox"/>	Friday	<div> Brain Storm x3 (Medium)</div>	<div> Silly Sequence x3 ("Letters" mode - Medium)</div>	<div> Hunting Intruder x3 (Hard)</div> <div>See index 13</div>
<input type="checkbox"/>	Saturday	<div> Crazy Chessboard x3 (Medium)</div>	<div> A Card A Date x3 ("Timeline" mode- Hard)</div>	<div> The Musical Ear x3 ("Quizz" mode - Easy) <div>Besides the music title, try to find the singer's name</div></div> <div>See index 14</div>
<input type="checkbox"/>	Sunday	zZ Rest day zZ		



Memory program

Week 4

15 minutes/day

<input type="checkbox"/>		Twins x3 (Hard) <div>Try to memorize the location of at least 3 pairs of cards</div>	Snowball Effect x3 ("Careful" mode - Medium)	Calculus x3 ("4 answers" mode - Medium) <div>Try the free answer mode!</div>	See index 15
<input type="checkbox"/>		Syllabus x3 (Hard)	Granny Cooks x3 ("Recipe" mode - Hard)	Around the World x3 ("Find the Location" mode - Hard) <div>When finding a country, say "It shares a border with..."</div>	See index 16
<input type="checkbox"/>		<div>z^z Rest day z^z</div>			
<input type="checkbox"/>		Silly Sequence x3 (Hard)	Pop Balloons x3 (Medium) <div>Count the balloons you didn't pop!</div>	A Card A Date x3 ("Timeline" mode - Hard)	See index 17
<input type="checkbox"/>		Flying Balloons x3 (Hard)	Sudoku x3 (Hard)	Crazy Waterfall x3 (Hard)	See index 18
<input type="checkbox"/>		<div>z^z Rest day z^z</div>			
<input type="checkbox"/>		Quizzle x3 (Hard)	The Hangman x3 (Hard)	The Musical Ear x3 ("Sounds" mode - Hard)	See index 19

Your coach CLINT's explanations



Week n°1



Index 1

When we cannot find something, we try to remember where we've seen it for the last time. In order to do so, we use our **visual memory**, which we work by playing those games.

Index 2

When talking with somebody, we use **semantic memory**, which allows us to find the words' meaning (comprehension) and the right words to use (elocution).

Index 3

Today's games make you work on **Short-term memory**, which allows us to keep new information we received, and use them afterwards.

Index 4

Associating information to life's experiences increases the ability to retain it. Our games **make our memory work, thanks to recollections** (music, events...).

Index 5

There are multiple types of memory. In our daily activities, we use all of them, separately or simultaneously together, depending on the situation.

Week n°2



Index 6

During an activity, we can use **multiple functions** together. In today's games, we will have to associate memory and language to find the solution.

Index 7

In order to better stimulate a cognitive function, it's important to always use it in varied situations. Try the different **variations of a game** to better train yourself.

Index 8

Short-term memory allows us to process information received during the day. To keep the important information, our brain has to transfer it in the **long-term memory**.

Index 9

Training is more fun with friends. Don't hesitate to **share** the games with your friends or family with the "2 players" mode to play either one against another, or together.

Index 10

Memory helps us for simple tasks as well as complicated ones. Even when you don't think about it, your cognitive functions are active.

Your coach CLINT's explanations



Week n°3



Index 11

Memory helps us keep some **markers** needed to find ourselves in the environment around us, or thanks to memories to find ourselves in time.

Index 12

Today's games stimulate our **working memory**, which allows us to keep information and process it to resolve a situation.

Index 13

Do you ever get a word stuck on the tip of your tongue, without being able to find it? Working on your memory helps with finding words in your **vocabulary** way faster.

Index 14

Training one's memory doesn't necessarily mean doing exercises. Use today's games to jump into the past and remember your **life's experiences**.

Week n°4



Index 15

A frequent obstacle is when one isn't able to remember multiple pieces of information at the same time. While training, you can boost your **mnemonic abilities**.

Index 16

There isn't only one solution to get to the final result. Try **multiple strategies** to find the fastest and most efficient solution for you.

Index 17

Regularly training our memory allows us to automate **mechanisms of memorizing**. This will render information's memorization much easier, especially when using other cognitive functions at the same time.

Index 18

In our daily lives, activities require us to use multiple cognitive functions simultaneously, which is called "**multitasking**", and that is what we are going to train today.

Index 19

Here is the last session. Afterwards, you can go back to the beginning of the program and restart, **level up the difficulty** by going from the easy mode to medium to hard... The goal being to complete all the games in hard mode.