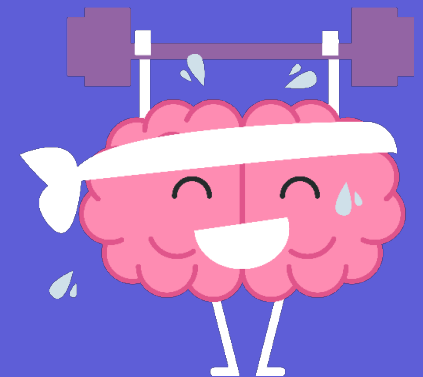


Planning program

15 minutes a day during 4 weeks to boost the way you plan.





Planning program

Week 1

15 minutes/day

| | | | | | |
|--------------------------|--|---------------------------------|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> | | Brain Storm x3 (Easy) | A Card a Date x3 (Easy) | Snowball Effect x3 (Easy) | See index 1 |
| <input type="checkbox"/> | | Puzzle Plus x3 (Easy) | Noah's Ark x3 (Easy) | Syllabus x3 (Easy) | See index 2 |
| <input type="checkbox"/> | | Rest day | | | |
| <input type="checkbox"/> | | The Walker x3 (Easy) | Pop Balloons x3 (Easy) Try to pop at least 2 balloons at the same time | Clint the Pirate x3 (Easy) | See index 3 |
| <input type="checkbox"/> | | Twins x3 (Easy) | Sudoku x3 (Easy) | Granny Cooks x3 (Easy) | See index 4 |
| <input type="checkbox"/> | | Rest day | | | |
| <input type="checkbox"/> | | Panurge x3 (Easy) | Flushing x3 (Easy) | Congested Parking x3 (Easy) | See index 5 |

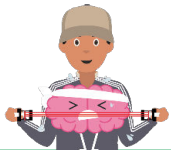


Planning program

Week 2

15 minutes/day

| | | | | | |
|--------------------------|--|-----------------------------------|--|---|------------------------------|
| <input type="checkbox"/> | | Pop Balloons x3 (Easy) | A Card a Date x3 (Medium) | The Walker x3 (Medium) | See index 6 |
| <input type="checkbox"/> | | Rest day | | | |
| <input type="checkbox"/> | | Brain Storm x3 (Medium) | Puzzle Plus x3 (Easy) Begin with the puzzle's borders | Granny Cooks x3 (Easy) | See index 7 |
| <input type="checkbox"/> | | Sudoku x3 (Medium) | Congested Parking x3 (Medium) | Snowball Effect x3 (Medium) Play on the "careful" mode | See index 8 |
| <input type="checkbox"/> | | Rest day | | | |
| <input type="checkbox"/> | | Twins x3 (Easy) | Flushing x3 (Medium) | Syllabus x3 (Medium) | See index 9 |
| <input type="checkbox"/> | | Panurge x3 (Medium) | Noah's Ark x3 (Medium) | Clint the Pirate x3 (Medium) | See index 10 |



Planning program

Week 3

15 minutes/day

| | | | | |
|--------------------------|-----------|--|---|---|
| <input type="checkbox"/> | Monday | zZ Rest day zZ | | |
| <input type="checkbox"/> | Tuesday | Sudoku x3 (Medium) <div>You can do one grid at a time, or search for all the 1, 2s...</div> | Puzzle Plus x3 (Hard) | Granny Cooks x3 (Medium) See index 11 |
| <input type="checkbox"/> | Wednesday | The Walker x3 (Medium) | Pop Balloons x3 (Medium) | Clint the Pirate x3 (Hard) See index 12 |
| <input type="checkbox"/> | Thursday | zZ Rest day zZ | | |
| <input type="checkbox"/> | Friday | Flushing x3 (Medium) | Noah's Ark x3 (Medium) | Panurge x3 (Hard) <div>Anticipate the sheeps' movements</div> See index 13 |
| <input type="checkbox"/> | Saturday | Twins x3 (Hard) | Congested Parking x3 (Medium) | Snowball Effect x3 (Medium) See index 14 |
| <input type="checkbox"/> | Sunday | zZ Rest day zZ | | |



Planning program

Week 4

15 minutes/day

| | | | | | |
|--------------------------|--|---|--|---|------------------------------|
| <input type="checkbox"/> | | Puzzle Plus x3 (Hard) | Brain Storm x3 (Hard) | Sudoku x3 (Hard) | See index 15 |
| <input type="checkbox"/> | | Granny Cooks x3 (Hard) <div>Play on the "recipe" mode!</div> | Syllabus x3 (Medium) | Noah's Ark x3 (Hard) | See index 16 |
| <input type="checkbox"/> | | <div> Rest day </div> | | | |
| <input type="checkbox"/> | | Congested Parking x3 (Hard) | Pop Balloons x3 (Medium) | Panurge x3 (Hard) | See index 17 |
| <input type="checkbox"/> | | Flushing x3 (Hard) | Clint the Pirate x3 (Hard) | Snowball Effect x3 (Hard) <div>Imagine the entire route before pushing on an arrow</div> | See index 18 |
| <input type="checkbox"/> | | <div> Rest day </div> | | | |
| <input type="checkbox"/> | | Twins x3 (Difficile) <div>Begin with the closest pairs</div> | A Card a Date x3 (Difficile) | The Walker x3 (Difficile) | See index 19 |

Your coach CLINT's explanations



Week 1



Index 1

Planning is based on organizing objects or acts to do. It is then important to find a **logical order** for those things, and to define its priorities.

Index 2

A very important ability for good planning is **organization**. Being organized allows us to keep in mind all important elements needed for the task to be complete.

Index 3

When planning something, we need to **imagine all effects** an action can have on our environment in order to know whether it is a good option or not.

Index 4

Planning is an ability used in our **daily lives**, to organize our days or some precise activities.

Index 5

To know where the objects we need are located, or to know how to act in our environment, we use **spatial organization**.

Week 2



Index 6

Planning an activity means imagining all steps and proceedings. This ability is called **spatial and temporal organization**.

Index 7

Cognitive functions can be combined with each other to accomplish intricate tasks. We can use **pictures, words or sounds'** perception and manipulate those pieces of information.

Index 8

In order to plan an activity, we have to use our **logic**. Which step is the most important? Which step needs to be realized first? What do we need to realize each step?

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

When planning something, we have to be careful with **multiple objects**. It allows us to get a general view and not forget all important elements.

Your coach CLINT's explanations



Week 3



Index 11

During an activity, it's important to follow precise **steps**. This allows us to organize the time to our disposition, to do things in the right order and not to forget anything.

Index 12

Planning is an ability used a lot during our travels or when we have to find our way. This also uses our abilities related to our **sense of direction**.

Index 13

To plan an event, we have to decide which action to do and when. We then need to **analyze** all elements, each action's consequences and foresee the results.

Index 14

The objective of planning is to organize actions in the best manner to get to the last objective. It means that we have to see the **project in its entirety** to find the best solution.

Week 4



Index 15

Knowing how to **give oneself objectives** is really important to complete tasks. We need a final goal, but also intermediate ones for each phase of the activity.

Index 16

To plan an activity, we use our **knowledge** and life's experiences. We try to recreate our positive experiences and avoid reproducing bad results.

Index 17

Planning means to keep in mind a **mental picture**, steps and proceedings of the project. Knowing how to imagine the global route helps us stay focused on the task.

Index 18

Foreseeing and anticipating the effects of acts on our environment helps us choose the best option to get the best results the fastest way possible.

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 games at hard mode.