

COGNITIVE TRAINING TRACKER

Month: _____ 20__

FOCUS AREA / HABIT	WEEK 1							WEEK 2							WEEK 3							WEEK 4							+
Dual N-Back Training																													
Speed Reading Practice																													
Meditation (Focus)																													
Mnemonic Exercises																													
Deep Work (90min)																													
Language Learning																													
Logic/Math Puzzles																													
Sleep Quality (7h+)																													

WEEKLY PERFORMANCE REVIEW

COGNITIVE CLARITY NOTES