

# NUMBER QUEST FLEX

**Name:**



# LOGBOOK





## **Welcome to your logbook!**

This logbook is made for you who will be training with Number Quest. It provides information on how the training works and a schedule where you can record your training from day to day.

## **Why should I train with Number Quest?**

Sometimes we think that mathematics is something that we are doing only in school, but math is indeed something we use every day. You use mathematics when you shop in the store and need to know how much you can buy and how much you will get back. You use mathematics when you divide things with friends or siblings.

You also use mathematics in order to be able to keep track of how much of every ingredient you should use when you bake or cook. You use mathematics to know how many days or months it is your birthday. In sum, mathematics is very useful!



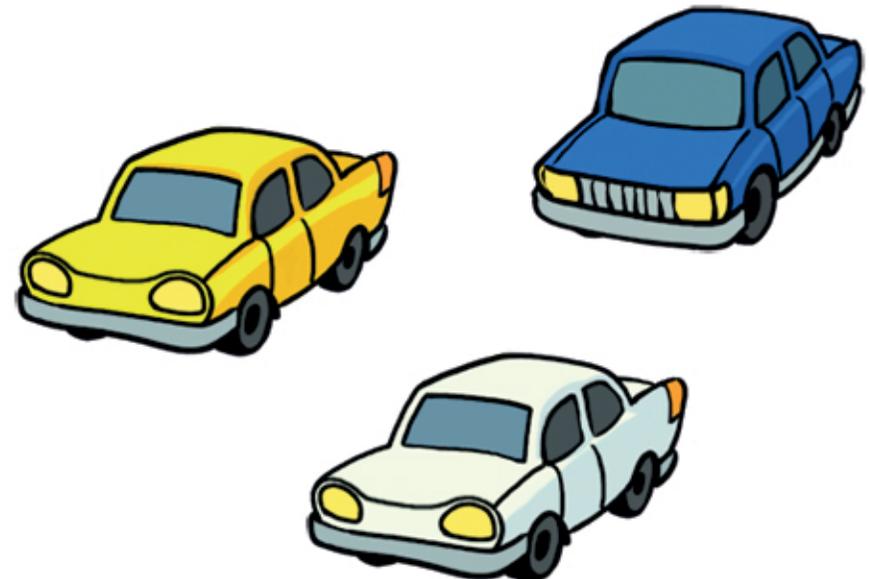
## **Number Quest**

Number Quest is software to help you train your mathematical skills. After you have used Number Quest, you will probably have a little easier for numbers and counting and perhaps think that mathematics is more fun than you previously thought.

When you train with Number Quest, there are a few things to remember. It is important that you do not take any breaks from the training. For the training to have an effect you must train every day that has been planned. It is also important that you do your best. If you do not really try to complete each task successfully, the training does not work. This does not mean that you must successfully solve each task. The fact is that for the training to have the most effect it should sometimes be a bit too hard.

## **Worth thinking about!**

Some people think that mathematics is something that you are either good or bad at, and that it is not something you can influence, that is not the case. As with football, or to draw it is training that makes you better. However, we all differ in how difficult things are for us to learn so some people may need to train more than others.



## Rewards

Training with Number Quest is sometimes fun and sometimes difficult. It is very important that you complete all the training sessions. For doing your training you get a reward every five days. If you can't think of any suitable rewards there are some ideas below.. Write or paste in pictures of the rewards you choose at the bottom of the schedule for each week.

## Examples of rewards

Go to the museum



Buy a book

Picnic with the family



Rent a movie with your parents



Go to the cinema

Go out for pizza

Bake a cake with your parents



Decide dinner on friday night

Play soccer with mum or dad

# Checklist before you begin

-  **There is an adult responsible for your training (and someone who is responsible when he or she is absent)** 
-  **You know where to sit when you train (it must be a room where you can be completely undisturbed)** 
-  **Together with your coach you have planned the number of training sessions and when you will train** 
-  **You have talked to your coach about why it is good to train with Number Quest** 
-  **You have read the logbook carefully** 
-  **You have written or pasted rewards in the logbook** 
-  **You have decided to train the whole training period and to always try your best** 

**When all the boxes are ticked you are ready to start training!  
Good luck!**

**Training week 1**

Good luck!

**Day 2**

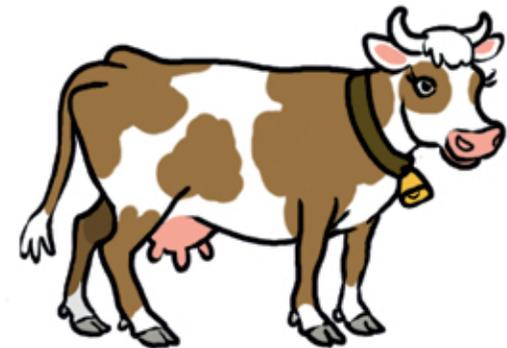
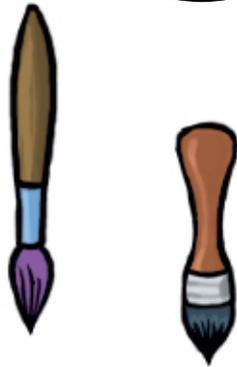
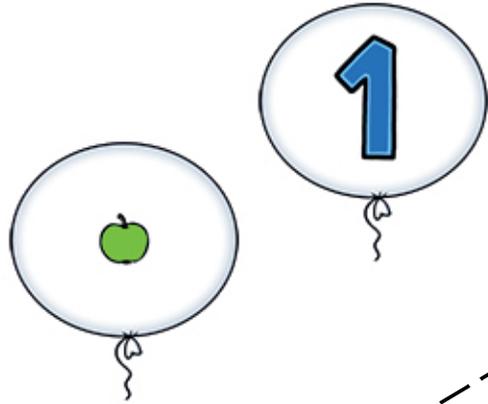
**Day 1**

**Day 3**

**Day 5**

**Day 4**

**Reward week 1:**

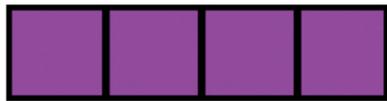
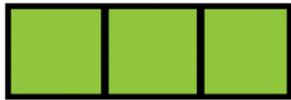




**Day 7**

**Training week 2**  
Good luck!

**Day 6**



**Day 8**

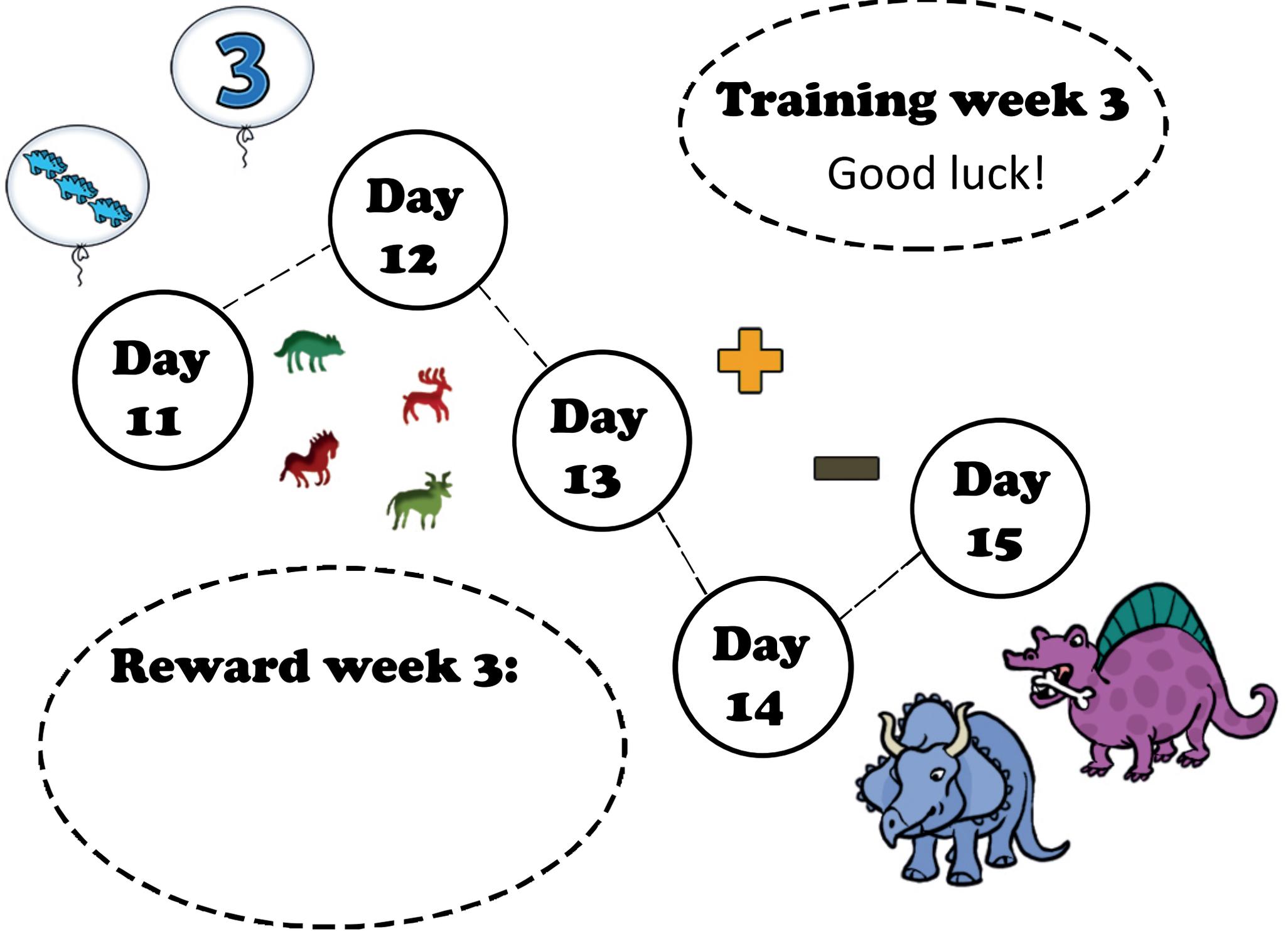


**Day 10**

**Reward week 2:**

**Day 9**







**Day  
17**

**Training week 4**  
Good luck!

**Day  
16**



**Day  
18**



**Day  
20**



**Day  
19**

**Reward week 4:**



**Training week 5**

Good luck!

**Dag  
22**

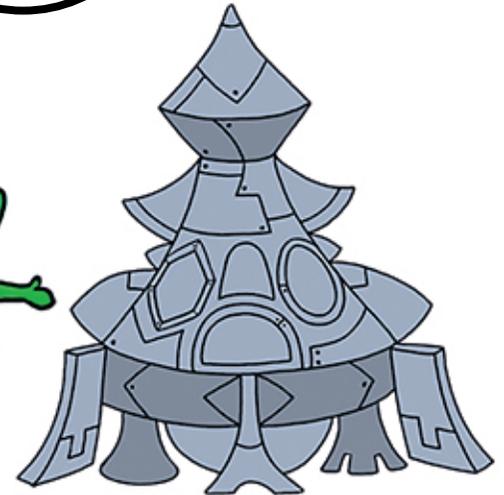
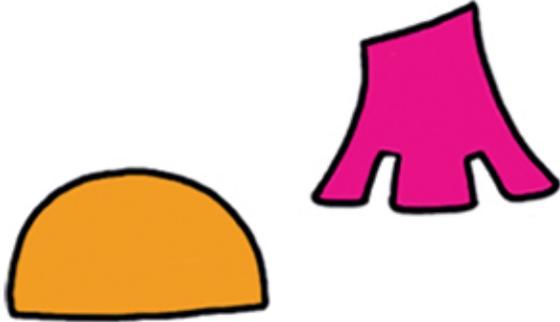
**Dag  
21**

**Dag  
23**

**Dag  
25**

**Dag  
24**

**Reward week 5:**



# CONGRATULATIONS!



# Your training is now complete!