

# Memory Quest FLEX

**Name:**



# LOGBOOK





## **Welcome to your logbook!**

This is your Memory Quest training log book. It provides information on working memory, how the training works and a schedule where you can record your training from day to day.

### **Arbetsminnet**

Working memory has been discussed for about 50 years. It is used describe how you keep and use information in your head for a short time.

This may not seem so remarkable, but the fact is that you use working memory every day - many times.

You use working memory when you read a magazine, do some writing or solve a tricky problem. You also use it when you solve a maths problem in school or follow your teacher's instructions. For some years it has been known that it is possible to train working memory.



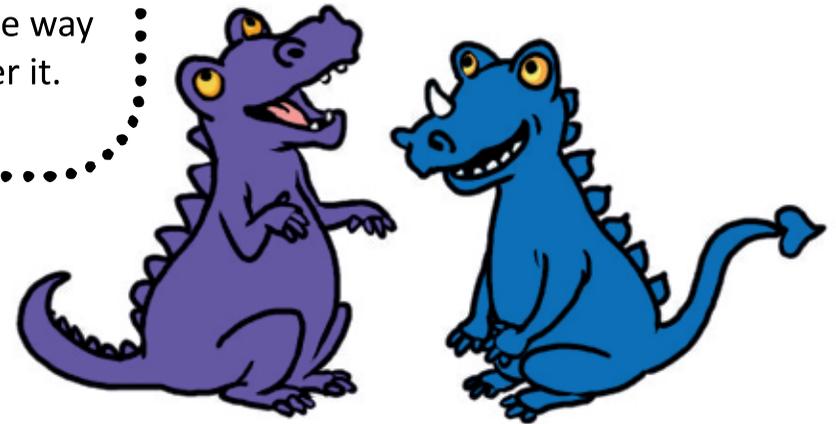
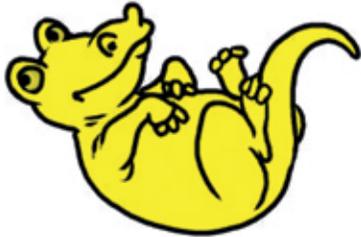
## Examples of when you use your working memory

### Example 1

You meet a friend and her mother on the way home from school. You want to call your friend but you do not have her number. Your friend tells you her home phone number.

**30 57 43**

You must now try to remember the number until you get home. On the way home you say the number silently to yourself many times to remember it. When you get home you write the number down on a piece of paper.



### Example 2

On Saturday you are going to a school friend's party. You have never been to his home before, but he lives nearby so you will walk to the party without your parents. You have the address on the invitation, but you are still a bit unsure of how to find your way.

Your parents describe the way for you one more time just before you leave home. "First go straight on until you reach the large playground. There you turn left and carry straight on until you reach the red school. When you reach the school, turn right and go straight on until you come to a street with houses on both sides. Your friend's house is the third on the left. Make sure it is number 14 and painted yellow."

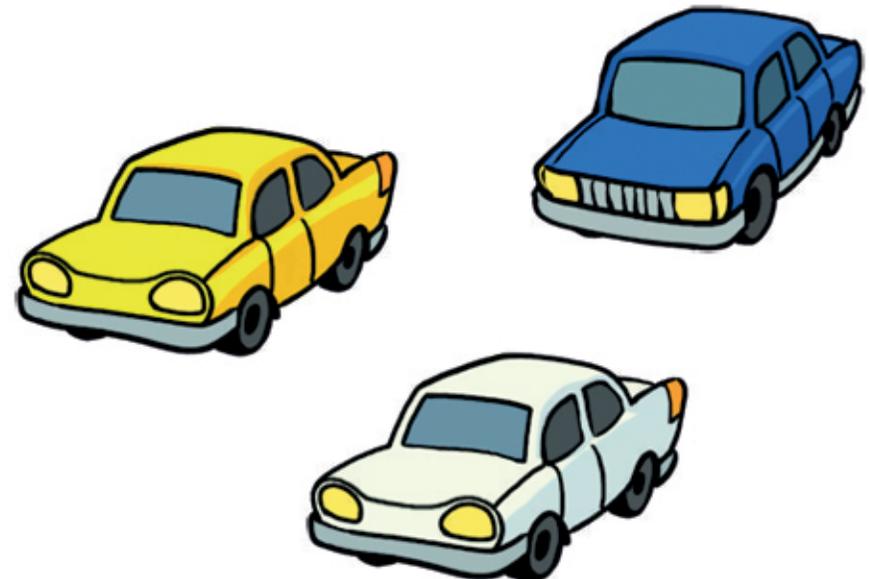
To remember the way you have to keep the description in your head. You have to remember the places you will pass, (the large playground and the red school). In addition, you must remember if you are supposed to go straight on, left or right at the different locations (first left, then right) and at which house the party will be held (the third on the left, number 14, painted yellow).

## **Memory Quest**

Memory Quest is designed to train your working memory. After using Memory Quest you will probably find some things easier at school. Some things that may improve are your concentration, writing stories and remembering what to bring home from school. You may also find it easier to remember phone numbers, to find the way to a new place and to remember what to buy at the shops.

Training working memory takes time. It has been shown to be important that you train every day and that you train for the whole period of time that has been planned. It is most common to train five times a week for five weeks. Therefore it is different from most other training you may have done. If you want to get better at football, dancing or playing the guitar it is enough to train two or three times a week, and it doesn't matter if you miss training from time to time.

It is different when you train your working memory. It is important that you do not take any breaks from the training. For it 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.



## Rewards

Memory Quest training 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 on the right. 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 out for pizza

Go to the cinema

Bake a cake with your parents

Play football with mom or dad



Decide dinner on Friday night

# Checklist

- 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** 
- Your coach has talked to you about why it is good to train with Memory Quest** 
- You have read your log book carefully** 
- You have written or pasted rewards in the log book** 
- You have decided to train the whole training period and to always try your best** 

**Now all the preparations are finished!  
Good luck with the training!**



**Training week 1**

Good luck!

**Day 2**

**Day 1**



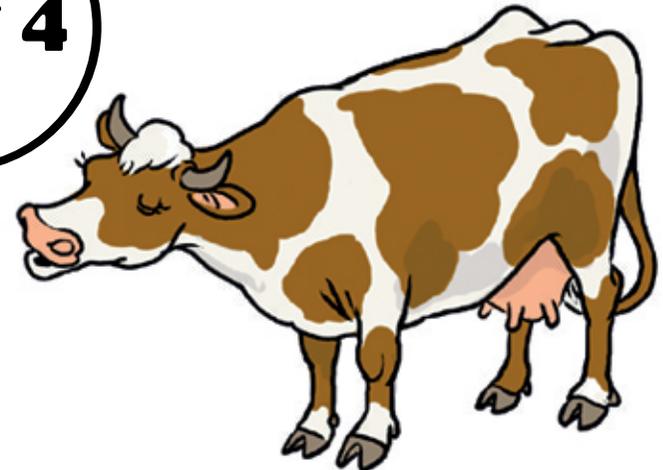
**Day 3**

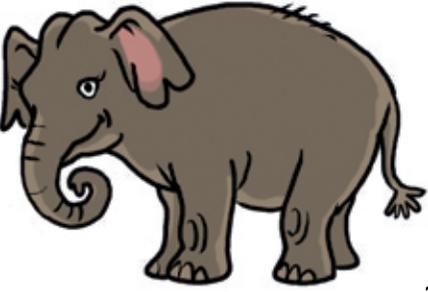


**Day 5**

**Reward week 1:**

**Day 4**





**Day 7**

**Day 6**



**Day 8**



**Day 10**

**Day 9**



**Training week 2**

Good luck!

**Reward week 2:**

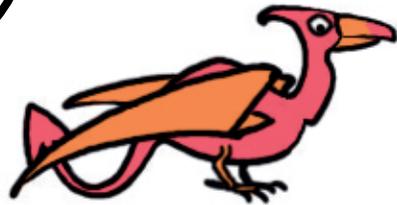
**Training week 3**

Good luck!

**Day  
12**



**Day  
11**



**Day  
13**



**Day  
15**

**Day  
14**



**Reward week 3:**



**Day  
17**

**Training week 4**  
Good luck!

**Day  
16**



**Day  
18**



**Day  
20**

**Reward week 4:**

**Day  
19**



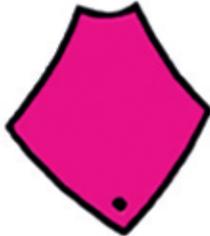
**Training week 5**

Good luck!

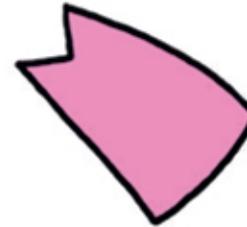
**Day  
22**



**Day  
21**

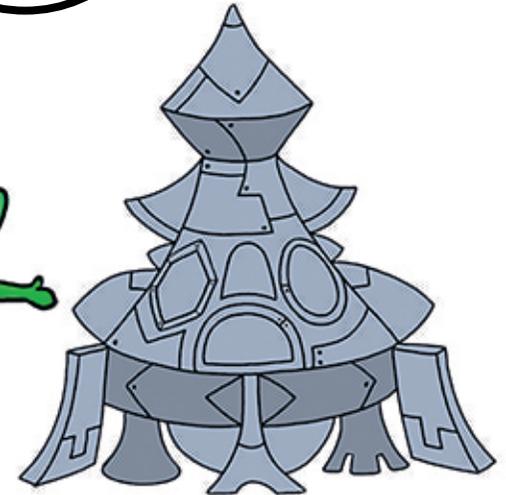


**Day  
23**



**Day  
25**

**Day  
24**



**Reward week 5:**

# CONGRATULATIONS!

## Your training is now complete!

