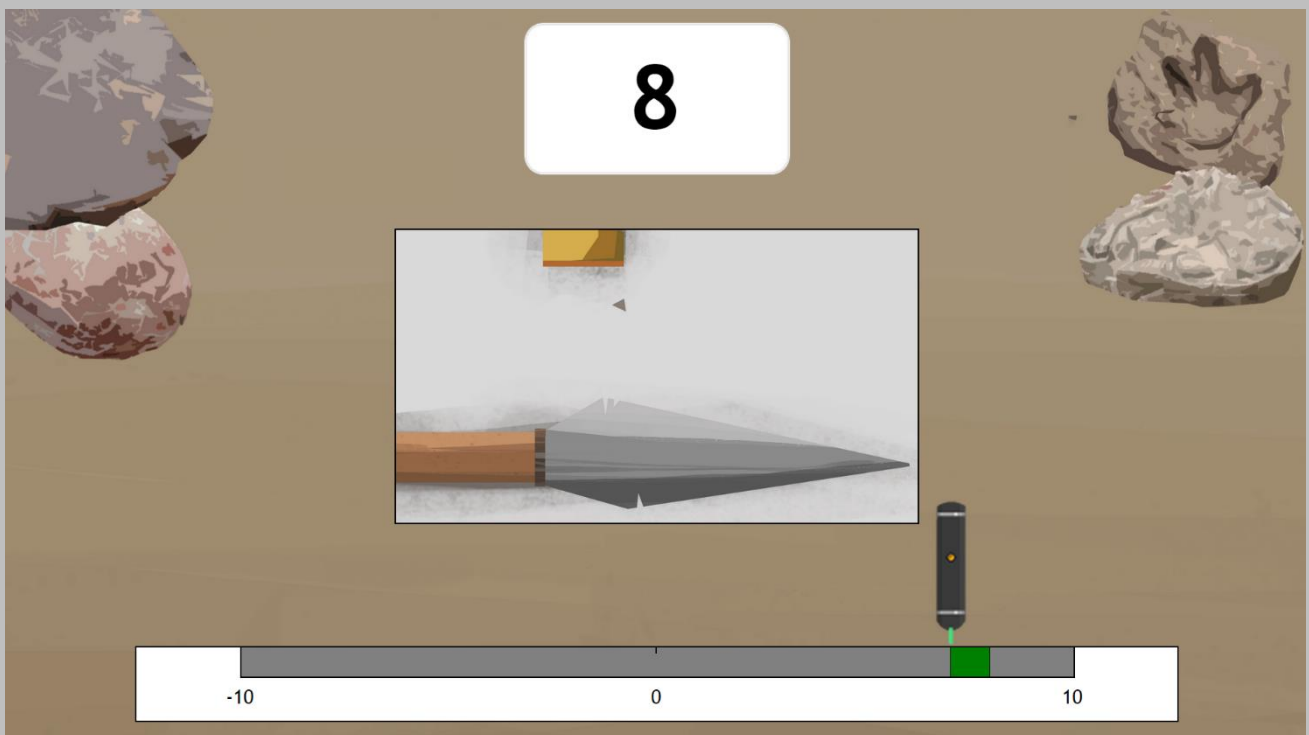


PUPIL BOOKLET

# Number Code FLEX



[www.flexprogram.org](http://www.flexprogram.org)

## TRAINING WITH NUMBER CODE FLEX

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Number Code is adaptive web-based software designed for training of key mathematical abilities. To obtain maximum effect of the training it is important that the entire training period is performed and that you always make an effort to try your best.

In this booklet there are checklists and schedules that we recommend that you use when training with Number Code. Before you start training it is a good idea to read through this booklet with your coach to ensure that nothing is forgotten when planning your training.

### HOW DOES THE TRAINING WORK?

Every day of training you will work with a number of exercises. The difficulty level on all tasks will automatically adapt based on your performance, to ensure that you always train at an optimal level. A training period consists of 25 training sessions. Each training session will take between 25 to 40 minutes to complete.

During each week of training we recommend that you do 3-5 training sessions making the total length of the training period at most 8 weeks.

### COACH & LOCATION

The coach's most important role is to help you that are training to plan when and where the training sessions are to take place and to ensure that you get the support and help that you need. Always ask your coach for help if anything is unclear!

It is also important that you have access to an environment where you can train without distractions, this goes both for training at home and in school. It is preferable if it is a quiet room where you will not get interrupted by family members or other pupils.

### CONTINUITY

For the training to have an optimal effect it is important that you train at least three times per week. Preferably every training session should take place at the same time in the same room. It is also good to choose a time of day for training when you are rested and alert. It can for example be a bad choice to schedule training just before lunch or at the end of the school day. To know when each training session will be done, we recommend that you fill in the training schedule.

The training schedule provides an overview of when and where each session is planned and who will be your coach each day. The following should be entered in the schedule before you start training:

- The room where each session is planned.
- The dates each session is planned.

- Who your coach will be for each day of training.

### TRAINING SCHEDULE

Enter date & time when training is planned. Use a pencil to be able to erase and change if training is not completed according to plan.

#### Week 1

Day	Date	Time	Coach	Comments
1				
2				
3				
4				
5				

#### Week 2

Day	Date	Time	Coach	Comments
6				
7				
8				
9				
10				

#### Week 3

Day	Date	Time	Coach	Comments
11				
12				
13				
14				
15				

**Week 4**

Day	Date	Time	Coach	Comments
16				
17				
18				
19				
20				

**Week 5**

Day	Date	Time	Coach	Comments
21				
22				
23				
24				
25				