



Play Games, Chart Your Brain Power

Directions: Play your favourite brain powered cell phone game. Write down the time you played it and your score. Keep track for a few weeks. Use a highlighter to mark your best and worst scores. Look for patterns and use these to schedule out your day (Times of day when you consistently have high scores are times to schedule brain powered activities, while times of day when you consistently score low are when you should plan to do mindless, dull, tasks.)

WEEK _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
5am							
6am							
7am							
8am							
Morning							
9am							
10am							
11am							
Noon							
Early Afternoon							
1pm							
2pm							
3pm							
Late Afternoon							
4pm							
5pm							
6pm							
7pm							
Evening							
8pm							
9pm							
10pm							
11pm							
Midnight							