

PROGRAM 1: IQ



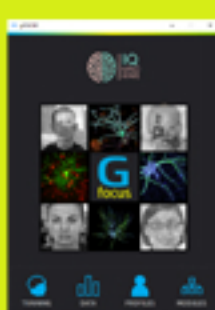
Training Goal

Program 1: IQ is customized to increase your IQ as measured by culture-fair IQ tests such as Raven's Matrices. It also provides mindware to improve your problem solving & decision-making

Apps You Need



i3 Mindware
working memory training



gFOCUS
attention training

(optional)



Beta SyncPower
binaural beats

Plan Your Training Schedule

Single Session
6-7 / week
40 Total

optional



relational reasoning puzzles

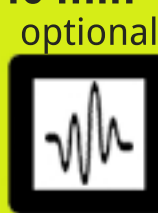


20-40 min

Two Sessions
6-7 / week
40 Total



10-20 min



15-35 min

divided between

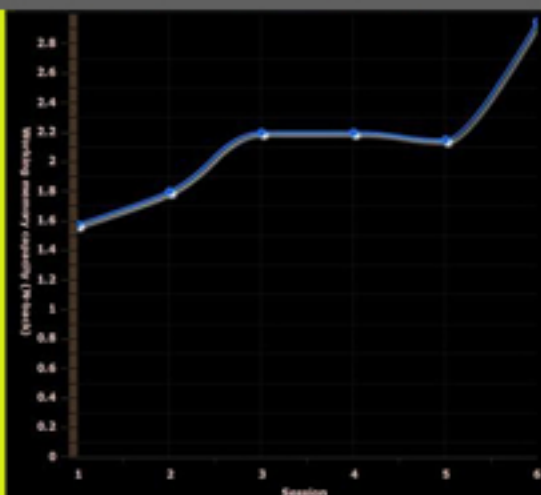


How To Train in 10 Steps

1. Set up your profiles for i3 & gFocus
2. Select 6-7 sessions / week
3. Select i3 Puzzles training
4. Use video instructions or app help for i3 & gFOCUS
5. In i3 choose DNB Training ; in gFOCUS choose Classic
6. For optional Beta SyncPower, use earphones
7. Train in the order shown above
8. SyncPower is 10 minutes audio:
listen in stereo for **either** 10 min prior to app training **or** 5 min prior to and 5 min during app training
9. For problem solving & decision-making training aim for at least 10 min. Use the guide & i3 puzzles
10. Complete 40 Sessions in 6 (up to max 8) weeks*

How to Measure Your Training Gains

1. Working memory capacity : i3 stats
2. Attention control : gFocus stats
3. Problem solving: i3 puzzle scores
4. Track real world improvements
5. Valid IQ test 10-20 point increase



For the valid, standardized IQ tests use the i3 app link

*You may obtain the benefits you want in only 20 Sessions