

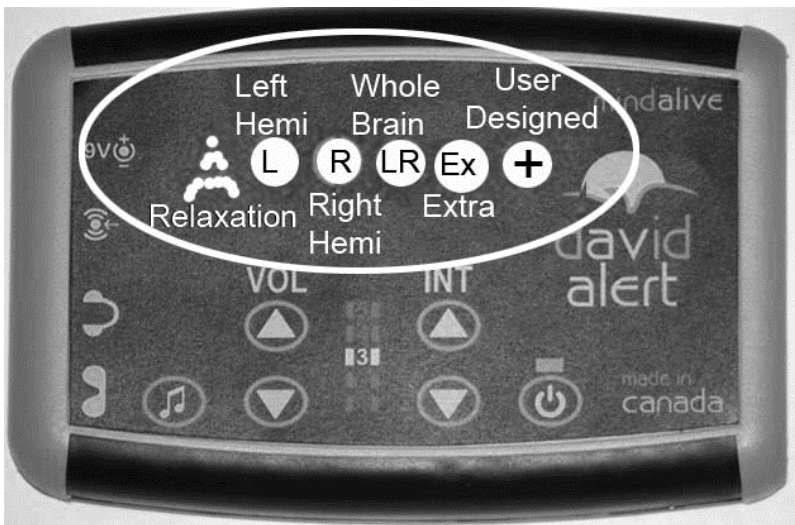
Five-Day Method for the ALERT Brain Training Program

Instructions: This program takes 60 days to complete. Do a session for five days and then go on to the next session. If you miss a day, pick up where you left off. If you miss more than one day, please start over with that session. If you miss several days in a row, start over at the beginning with session Group 1 (Relaxation-1). Remember that you need consistency for the ALERT to be effective.

If you would like to do a session for more than five days, that is fine. Some users like to do each session at least seven times each. However, the program will take a little bit longer to complete this way.

For each day that you do an ALERT session, darken the circle. The numbers 0 to 6 after the circle is for recording your “relaxation landmark” after the session. Circle the number that best describes your session. This will help you to be more aware of your progress. Ultimately, the goal is to have a landmark of six during your sessions. It will take some time to reach this landmark, but you should be able to reach it by the end of 60 days of consecutive sessions. (For a detailed description of the subjective landmarks, see chapter four in the book)

Update: Since the book was published, the ALERT has been updated, so the “letters” (A,B, C, D) that are mentioned in the book have been replaced with group names. For instance, Group A is now Group 1 Relaxation, Group B is now Group 2: Left Hemisphere, Group C is Group 3: Right Hemisphere, and Group D is Group 4: Whole Brain.



Forgive this crude diagram!

The buttons are circled.
From left to right, they are:

- Group 1 Relaxation
- Group 2: Left Hemisphere (L)
- Group 3: Right Hemisphere (R)
- Group 4: Whole Brain. (LR)
- Group 5: Extra Sessions (Ex)
- Group 6: User Designed (+)

You will be using Group1-4 for the 60-day protocol

Week 1: Group 1: Relaxation: Relax 1 (Triangle symbol)

- Day 1 O 0 1 2 3 4 5 6
- Day 2 O 0 1 2 3 4 5 6
- Day 3 O 0 1 2 3 4 5 6
- Day 4 O 0 1 2 3 4 5 6
- Day 5 O 0 1 2 3 4 5 6

Week 2: Group 1: Relaxation: Relax 2 (*Triangle symbol*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Week 3: Group 1: Relaxation: Relax 3 (*Triangle symbol*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Week 4: Group 1: Relaxation: Relax 4 (*Triangle symbol*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Note: Skip Group 1: Relaxation: Relax 5 (This is an insomnia session—use this if you can't sleep as an extra session—but stick to the regular schedule) Next go to to Group 2: Left Hemisphere

Week 5: Group 2: Left Hemisphere (*circle symbol with letter L*) Session L- 1
(*Improve mood and logic 1*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Week 6: Group 2: Left Hemisphere (*circle symbol with letter L*) Session L- 2
(*Improve mood and logic 2*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Week 7: Group 2: Left Hemisphere (*circle symbol with letter L*) Session L- 3
(*Mood Booster 1*)

Day 1 O 0 1 2 3 4 5 6

Day 2 O 0 1 2 3 4 5 6

Day 3 O 0 1 2 3 4 5 6

Day 4 O 0 1 2 3 4 5 6

Day 5 O 0 1 2 3 4 5 6

Week 8: Group 2: Left Hemisphere (circle symbol with letter L) Session L- 4
(Mood Booster 2)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Week 9: Group 3: Right Hemisphere (circle symbol with letter R) Session R-1
(Settle Hyperactivity 1)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Week 10: Group 3: Right Hemisphere (circle symbol with letter R) Session R-2
(Settle Hyperactivity 2)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Week 11: Group 3: Right Hemisphere (circle symbol with letter R) Session R-3
(Settle Hyperactivity 3)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Week 12: Group 4: Whole Brain (circle symbol with letters LR) Session LR-1
(Instability 1)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Additional Sessions. *Congratulations, you've completed 60 consecutive days with the ALERT! Now you're done. You can take a break from this program, or continue using it. Now you can do any session that you choose. The sessions listed below are highly recommended.*

Group 4: Whole Brain (circle symbol with letters LR) Session LR-2 (Instability 2)

Day 1 O 0 1 2 3 4 5 6
Day 2 O 0 1 2 3 4 5 6
Day 3 O 0 1 2 3 4 5 6
Day 4 O 0 1 2 3 4 5 6
Day 5 O 0 1 2 3 4 5 6

Group 4: Whole Brain (circle symbol with letters LR) Session LR-3 (ADD and Learning)

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Note: Next, proceed to “Extra Sessions”. On your ALERT, it is a small briefcase symbol.

Extra Session 1: Schumann Resonance (Note: This is good for traveling, jet lag, switching time zones)

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Extra Session 2 or 3: SMR for Reading

Session 2 is 20 minutes; Session 3 is 60 minutes—you select the session that is right for you

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Extra Session 4: Roller Coaster

Note: This is a very short 7 minute session especially for ADHD—perks you up

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Extra Session 5: Beta Perker

Note: This session is especially for depression—it will boost your mood

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Also, the Insomnia Session. Go back to session Relaxation 5

Day 1 0 1 2 3 4 5 6
Day 2 0 1 2 3 4 5 6
Day 3 0 1 2 3 4 5 6
Day 4 0 1 2 3 4 5 6
Day 5 0 1 2 3 4 5 6

Need another copy of this chart? You can find it on the website.

www.TrainYourBrainTransformYourLife.com/ Just go to the “Free Downloads” page.