



# Cognition **tracker**

## COGNITIVE SUMMARY

This chart is your cognitive fingerprint, capturing your brain's performance across five key cognitive domains. Each of these domains represents distinct aspects of brain function that are essential for everyday life. Your results are shown as percentiles, indicating how your scores compare to others your age. Scores above the 50th percentile reflect higher-than-average performance, while scores below reflect lower-than-average performance.

### Cognitive Domains

#### Complex Attention

The ability to direct your focus effectively.

#### Executive Function

Planning, goal-setting, flexible thinking, and self-control.

#### Memory and Learning

How well new information is acquired, stored, and recalled.

#### Language

Skills in word retrieval, fluency, and comprehension.

#### Perceptual - Motor Function

Hand-eye coordination, important for tasks like driving or navigating space.

Percentile

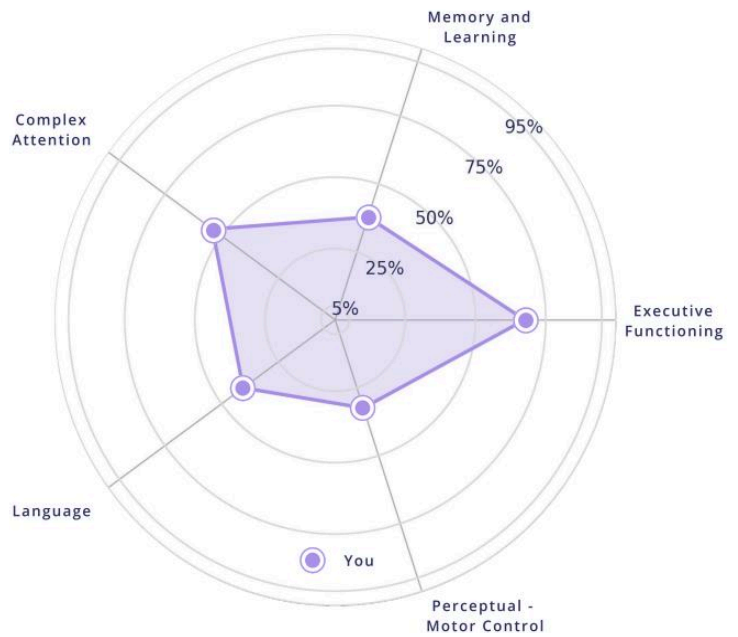
54<sup>th</sup>

68<sup>th</sup>

38<sup>th</sup>

41<sup>st</sup>

32<sup>nd</sup>

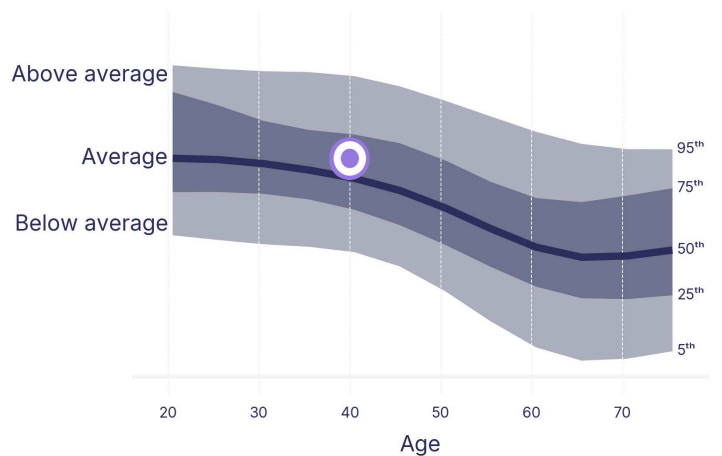


The closer the points and shaded area is to the outer edge, the higher your score or performance in that domain. The closer it is to the center, the lower your score relative to typical performance.

### Cognitive Performance Index

This composite value reflects overall brain function across multiple cognitive domains, providing a broad indicator of cognitive health. Your score shows how you compare within your age group and across others.

60<sup>th</sup>



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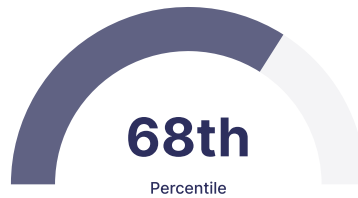
Please note that the Cognition Tracker is a single assessment and may not reflect performance in real world situations.



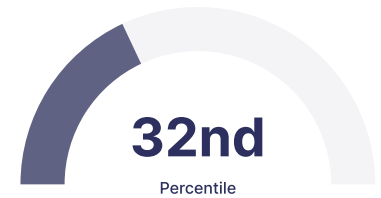
## COGNITIVE INSIGHTS



**Cognitive Performance Index**  
*Overall cognitive performance*



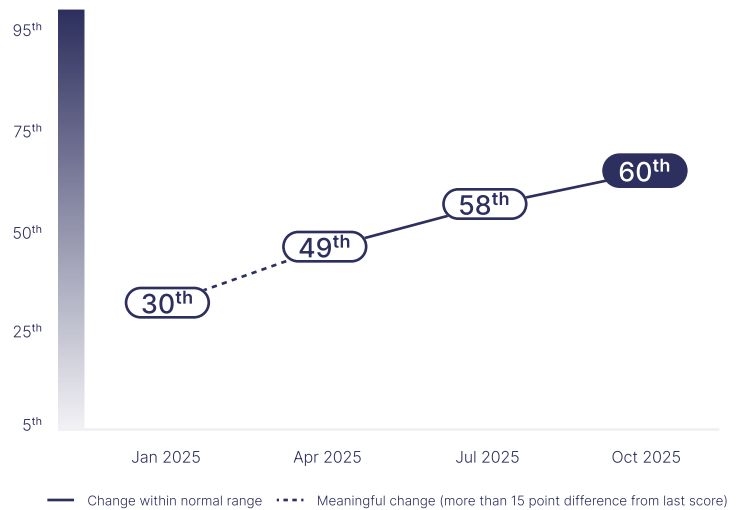
**Executive Functioning**  
*Highest domain*



**Perceptual - Motor Control**  
*Lowest domain*

### Overall Cognitive Performance

Your Cognitive Performance Index indicates that your overall cognitive performance is **average** for people your age.



### Cognitive Strengths

Your highest-scoring domain was **Executive Functioning**. This indicates that you may be particularly good at planning ahead. You may also be good at resisting the urge to respond when it is not helpful to you, or thinking before you act.

Overall, your performance was better than average in **Executive Functioning** and **Complex Attention**. Your highest scoring domain at your previous visit was **Executive Functioning**.

### Areas for Improvement

Your lowest scoring domain was **Perceptual - Motor Control**. This may indicate that you have a slower reaction time than others your age. You can practice fine motor skills which may improve performance.



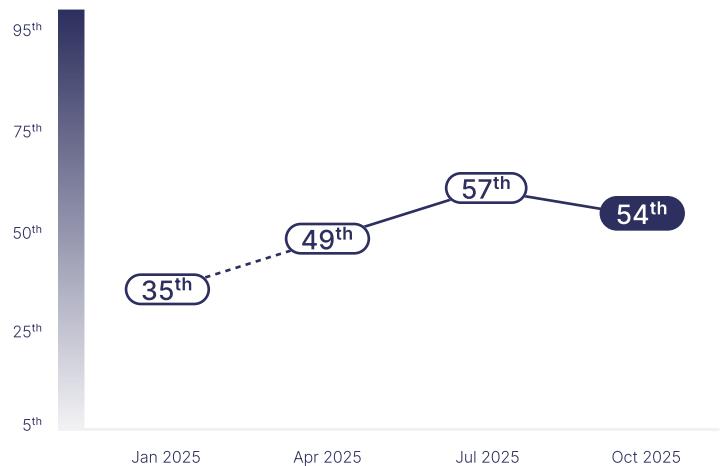
## COGNITIVE DOMAINS

### Complex Attention

Reflects the ability to direct your focus effectively. You use this when multitasking.

#### Recommendation

- Meditation and mindfulness training <sup>[1]</sup>
- Better sleep quality <sup>[2,3]</sup>
- Exercise <sup>[4]</sup>



### Executive Function

Supports planning, goal-setting, flexible thinking, and self-control. You use this when you think before you act, make a plan to reach a goal, or figure out a way to solve an unexpected problem.

#### Recommendation

- Exercise <sup>[5]</sup>
- Stress reduction techniques like mindfulness meditation, relaxation, and controlled breathing <sup>[6,7,8]</sup>



### Learning and Memory

Measures how well new information is acquired, stored, and recalled. You use this when learning someone's name or picking up a new skill.

#### Recommendation

- Exercise, especially for older adults <sup>[9]</sup>
- A nutrient-rich diet, particularly high in omega-3 fatty acids, antioxidants and essential vitamins <sup>[10]</sup>
- NAD+ supplementation <sup>[11]</sup>





### Language

Captures skills in word retrieval, fluency, and comprehension. You use this skill when speaking or listening to stories, podcasts or lectures.

#### Recommendation

- Aerobic exercise <sup>[12]</sup>
- Address any hearing loss <sup>[13]</sup>
- Musical training, including singing <sup>[14]</sup>



### Perceptual - Motor Function

Reflects hand-eye coordination and speed. You use this skill when driving or navigating space.

#### Recommendation

- Learn, develop or maintain creative hobbies that require fine motor skills and coordination such as dancing or making music <sup>[15, 16]</sup>

