

THE SHARPBRAINS CHECKLIST™

10 Questions to Choose the Right Brain Fitness Program for You

Based on Scientific Research?

1. Are there scientists (ideally neuropsychologists) and a scientific advisory board behind the program?
2. Are there published, peer-reviewed scientific papers written by those scientists? How many?

Measurable Claims and Benefits?

3. What are the specific benefits claimed for using this program?
4. Does the program tell me what part of my brain or which cognitive skill I am exercising, and is there an independent assessment to measure my progress?
5. Is it a structured program with guidance on how many hours per week and days per week to use it?

Ensures Cross-Training?

6. Do the exercises vary and teach me something new?

Is it Exercise – or Entertainment?

7. Does the program challenge and motivate me, or does it feel like it would become easy once I learned it?

Good Fit for Me?

8. Does the program fit my personal goals?
9. Does the program fit my lifestyle?
10. Am I ready and willing to do the program, or would it be too stressful?