

Week 1: FocusCalm SAMPLE PROTOCOL				
Day 1 - Assessment	Day 2 - Stress Reduction + Productivity	Day 3: Breathwork	Day 4 - Individualized Activity	Day 5 - Imagery for Performance <i>Relaxation, decrease anxiety</i>
FocusCalm Assessment Complete 3 exercises to set a baseline for the three dimensions of FocusCalm: <ul style="list-style-type: none"> - Consistency - Depth - Speed 	Program: Quick Start <ol style="list-style-type: none"> 1) Body Scan 2) Relaxation Race 3) Treasure Tracker 	Program: Breathing is a Superpower <ol style="list-style-type: none"> 1) How to Breathe Better 2) Foundational 5-7-3 Breathing 3) Learning to Exhale 	FocusCalm Tracking Use the FocusCalm Tracker to track your level of FocusCalm during an activity of your choice. Simply put on the device, enter what activity you will do, and tap "Start"	<ol style="list-style-type: none"> 1) Mind-Clearing Breathing Visualization 2) Campfire 3) Cave Quest
Week 2: FocusCalm				
Day 1 - Mindset <i>Stress inoculation</i>	Day 2 - Attention + Focus <i>Memory, Control</i>	Day 3 - Breathwork	Day 4 - Individualized Activity	Day 5 - Imagery for Performance <i>Visualization, relaxation, decision</i>
<ol style="list-style-type: none"> 1) Positive Mindset 2) Bird Brain 3) Spot the Difference 	Program: Deal with Distraction <ol style="list-style-type: none"> 1) Set an Intention 2) Soothing Space 3) Concentration 	<ol style="list-style-type: none"> 1) Breath Control 2) Wakeup Game 3) Guru Grid 	FocusCalm Tracking Use the FocusCalm Tracker to track your level of FocusCalm during an activity of your choice.	<ol style="list-style-type: none"> 1) Calming Visualizations 2) Brain Paint 3) Color Stroop
Week 3: FocusCalm				
Day 1 - Mindset <i>Motivation, Positive Energy</i>	Day 2 - Performance + Focus <i>Attention, Trust, confidence</i>	Day 3 - Breathwork <i>Control, decrease anxiety</i>	Day 4 - Imagery for Performance <i>Awareness, imagery</i>	Day 5 - Assessment
<ol style="list-style-type: none"> 1) Drive and Motivation 2) Soothing Space 3) Arcade Basketball 	Program: Performance/Work Focus <ol style="list-style-type: none"> 1) Ready to Perform 2) Bird Brain 3) Letterhead 	<ol style="list-style-type: none"> 1) Breath to Relax 2) Wind Down Game 3) BrainTube 	<ol style="list-style-type: none"> 1) Body Scan 2) Relaxation Race 3) Mindful Matching 	FocusCalm Assessment Complete 3 exercises to retest your baseline for the three dimensions of FocusCalm