



Sample Protocols

Week 1				
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: <i>Complete 3 exercises to set a baseline for the three dimensions of FocusCalm:</i> • Consistency • Depth • Speed	Program: <i>Quick Start</i> 1. Body Scan 2. Relaxation Race 3. Treasure Tracker	Program: <i>Breathing is a Superpower</i> 1. How to Breathe Better 2. Foundational 5-7-3 Breathing 3. Learning to Exhale	FocusCalm Tracker: <i>Use the FocusCalm Tracker to track your level of Focus- Calm during an activity of your choice.</i>	Activities: 1. Mind-Clearing Breathing Visual- ization 2. Campfire 3. Cave Quest

Week 2				
Day 1 Mindset Stress Inoculation	Day 2 Attention + Focus Memory, Control	Day 3 Breathwork	Day 4 Individualized Activity	Day 5 Imagery for Performance <i>Visualization, relaxation & decision-making</i>
FocusCalm Assessment: 1. Positive Mindset 2. Bird Brain 3. Spot the Difference	Program: <i>Deal with Distraction</i> 1. Set an Intention 2. Soothing Space 3. Concentration	Activities: 1. Breath Control 2. Wakeup Game 3. Guru Grid	FocusCalm Tracker: <i>Use the FocusCalm Tracker to track your level of Focus- Calm during an activity of your choice.</i>	Activities: 1. Mind-Clearing Breathing Visualization 2. Campfire 3. Cave Quest

Week 3				
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
Activities: 1. Drive & Motivation 2. Soothing Space 3. Arcade Basketball	Program: <i>Performance/Work Focus</i> 1. Ready to Perform 2. Bird Brain 3. Letterhead	Activities: 1. Breathe to Relax 2. Wind Down Game 3. BrainTube	Activities: 1. Body Scan 2. Relaxation Race 3. Mindful Matching	FocusCalm Assessment: <i>Complete 3 exercises to retest your baseline for the three dimensions of FocusCalm</i>