

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 A-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)

Week 1: Session A-1 (*Theta-Alpha training to dissociate and relax*)

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

Week 2: Session A-2 (*Theta-Alpha training to dissociate and relax*)

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

Week 3: Session A-3 (*Theta-Alpha training to dissociate and relax*)

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

Week 4: Session A-4 (*Theta-Alpha training to dissociate and relax*)

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

Week 5: Session A-5 (*Training with the SMR for the right hemisphere of the brain*)

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: Session A-6 (*Training with the SMR for the right hemisphere of the brain*)

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: Session B-1 (*Training with the SMR for the right hemisphere of the brain*)

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: Session B-2 (*Training Beta brainwaves, 15 – 18 Hz to improve mood + logical thinking*)

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: Session B-3 (*Training Beta brainwaves, 15 – 18 Hz to improve mood + logical thinking*)

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: Session B-4 (*Training with alpha, beta & SMR to reduce instability*)

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: Session B-5 (*Training with alpha, beta & SMR to reduce instability*)

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: Session C-2 (*Sensory Motor Rhythm*)

- 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

Additional Sessions. *Once you've completed 60 consecutive days with the ALERT, 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.*

Session C-3 (*Especially for ADHD and ADD*)

- 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

Session C-5 (*Brain Brightener*)

- 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

Session C-4 (*Depression Deduction*)

- 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

Session C-5 (*Schumann Resonance*)

- 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