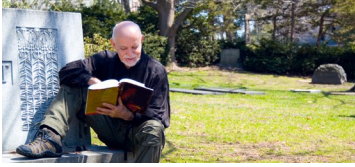



# Check Your Memory - is it Normal?

Dr Lamont invites you to find out how your memory is performing for you right now. (You can do this on-screen or print out the form.) Type the NUMBER of your choice into the column with the same number then press Enter. Be honest! The results are for you only.

<b>Section 1:</b> 1 - Always; 2 - Frequently; 3 - Sometimes; 4 - Seldom; 5 - Never	1.	2.	3.	4.	5.
<b>How often are these a problem for you?</b>					
					
Forgetting names as soon as I hear them					
Forgetting faces					
Forgetting appointments					
Remembering where I put my keys, my glasses					
Forgetting directions to places					
I have trouble finding words when I speak					
I forget things people tell me					
Forgetting important dates like birthdays					
Remembering what I want at the shop					
Forgetting information when I take a test					
Losing the thread of thought in a conversation					
Losing the thread when I am listening					
Knowing if I have just told someone something					
I forget what I have just read					
I forget what I was saying					
Forgetting characters in a book I have just read					
Unsure where I heard/saw information or events					
<b>Section 2:</b> 1 - Not at all ; 2 - Poorly; 3 - Partially; 4 - Mostly; 5 - Clearly					
<b>How well do you remember:</b>					
					
What happened last month?					
What happened between one and five years ago?					
Your TOTAL score					

What does your score mean?

Go to: <https://www.brainfit.world/brain-tune-memory-check-results>

If you are worried, Brainfit<sup>®</sup> can help you online or in a group class. Contact: [hello@brainfit.world](mailto:hello@brainfit.world)

Reset

TOTAL