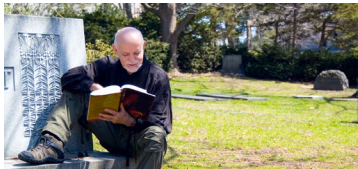
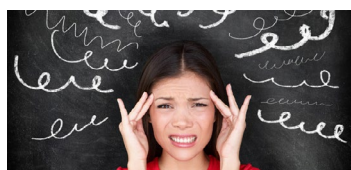


Check Your Memory - is it Normal?

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.

Section 1: 1 - Always; 2 - Frequently; 3 - Sometimes; 4 - Seldom; 5 - Never	1.	2.	3.	4.	5.
How often are these a problem for you?					
					
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					
Section 2: 1 - Not at all ; 2 - Poorly; 3 - Partially; 4 - Mostly; 5 - Clearly					
How well do you remember:					
					
What happened last month?					
What happened between one and five years ago?					
Your TOTAL score					

What does your score mean?

Go to <https://brainfit.nz/check-my-results/>

If you are worried, Brainfit[®] can help you online or in a group class.

Contact gillian@brainfit.nz

Reset

TOTAL