



Find Out Your Memory Score:

Is it Normal?

Dr. Lamont invites you to check the boxes that MOST apply to you right now. (You can do this on-screen)
Be honest! The results are just for you.

Section 1: 1 - Always; 2 - Frequently; 3 - Sometimes; 4 - Seldom; 5 - Never How often are these a problem for you? 	1.	2.	3.	4.	5.
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: 	1.	2.	3.	4.	5.
What happened last month?					
What happened between one and five years ago?					
Your TOTAL score					

To find out what your score means, go to:

<http://brainandmemoryfoundation.org/brain-tune-memory-check-results/>

Remember, for your FREE Brain Tune Mini Course, contact gillian@brainandmemoryfoundation.org

Reset