

Code	Exercise															Behavior Changes					Memory Improvements				
	Month 1					Month 2					Month 3					Abusive	Anger	Sunset syndrome	self confidence	Frustration	Month 1	Month 2	Month 3	Average	Result
	W1	W2	W3	W4	AVE	W1	W2	W3	W4	AVE	W1	W2	W3	W4	AVE										
1st group - Not Playing Ping Pong																									
1	4	4	2	4	4	3	1	2	4	3	1	3	3	4	3	NO	Minimal Improvement	Minimal Improvement	Minimal Improvement	Minimal Improvement	10	25	25	20	Limited Improvement
2	1	3	2	1	2	4	3	5	1	3	4	2	5	1	3	NO	Limited Improvement	Limited Improvement	Limited Improvement	Limited Improvement	17	21	24	21	Moderate Improvement
3	2	3	2	4	3	3	3	5	1	3	4	2	5	1	3	NO	Moderate Improvement	Moderate Improvement	Moderate Improvement	Moderate Improvement	11	11	12	11	Limited Improvement
4	2	3	2	1	2	2	3	5	1	3	4	2	5	1	3	NO	Significant Improvement	Significant Improvement	Significant Improvement	Significant Improvement	19	18	19	19	Limited Improvement
5	3	5	5	5	5	2	3	5	1	3	4	2	5	1	3	NO	Excellent Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	25	18	15	19	Limited Improvement
6	3	2	2	2	2	2	1	3	4	3	3	2	1	4	3	NO	Moderate Improvement	Moderate Improvement	Excellent Improvement	Limited Improvement	19	18	25	21	Moderate Improvement
7	4	3	3	3	3	2	1	3	4	3	3	2	1	4	3	YES	Moderate Improvement	Significant Improvement	Excellent Improvement	Limited Improvement	25	12	22	20	Limited Improvement
8	5	4	4	4	4	2	1	3	4	3	3	2	1	4	3	NO	Minimal Improvement	Excellent Improvement	Excellent Improvement	Limited Improvement	20	18	21	20	Limited Improvement
9	1	5	2	1	2	2	1	3	4	3	3	2	1	4	3	NO	Limited Improvement	Minimal Improvement	Excellent Improvement	Limited Improvement	10	10	14	11	Limited Improvement
10	1	2	3	1	2	2	1	3	4	3	3	2	1	4	3	NO	Moderate Improvement	Limited Improvement	Excellent Improvement	Limited Improvement	11	10	12	11	Limited Improvement
11	1	3	2	1	2	2	1	3	4	3	3	2	1	4	3	NO	Significant Improvement	Minimal Improvement	Excellent Improvement	Limited Improvement	11	18	25	18	Limited Improvement
12	2	2	3	4	3	3	5	3	4	4	5	4	3	2	4	NO	Excellent Improvement	Minimal Improvement	Excellent Improvement	Limited Improvement	18	17	22	19	Limited Improvement
13	3	3	2	4	3	3	5	3	4	4	5	4	3	2	4	NO	Minimal Improvement	Limited Improvement	Excellent Improvement	Limited Improvement	18	19	24	20	Limited Improvement
14	3	5	1	1	3	3	5	1	3	3	5	4	3	2	4	NO	Limited Improvement	Limited Improvement	Excellent Improvement	Limited Improvement	15	12	19	15	Limited Improvement
15	3	1	3	1	2	3	5	1	3	3	5	4	3	2	4	NO	Moderate Improvement	Limited Improvement	Moderate Improvement	Significant Improvement	11	13	14	13	Limited Improvement
16	4	2	4	5	4	3	5	1	3	3	5	4	3	2	4	NO	Significant Improvement	Significant Improvement	Moderate Improvement	Significant Improvement	16	14	18	16	Limited Improvement
17	4	5	5	5	5	1	2	5	1	2	1	2	3	4	3	NO	Excellent Improvement	Significant Improvement	Moderate Improvement	Significant Improvement	17	15	22	18	Limited Improvement
18	4	3	2	3	3	1	2	5	1	2	1	2	3	4	3	NO	Moderate Improvement	Minimal Improvement	Moderate Improvement	Significant Improvement	14	16	23	18	Limited Improvement
19	2	1	3	3	2	1	2	5	1	2	1	2	3	4	3	NO	Significant Improvement	Limited Improvement	Moderate Improvement	Significant Improvement	12	17	22	17	Limited Improvement
20	2	1	4	3	3	1	2	3	2	2	1	2	3	4	3	NO	Excellent Improvement	Moderate Improvement	Moderate Improvement	Significant Improvement	14	11	23	16	Limited Improvement
21	1	1	4	3	2	1	3	3	2	2	1	2	3	4	3	YES	Excellent Improvement	Significant Improvement	Moderate Improvement	Significant Improvement	18	14	21	18	Limited Improvement
22	2	1	4	3	3	1	3	2	2	2	1	2	3	4	3	YES	Minimal Improvement	Excellent Improvement	Minimal Improvement	Minimal Improvement	15	18	22	18	Limited Improvement
23	5	1	4	3	3	1	3	2	4	3	1	2	3	4	3	YES	Limited Improvement	Minimal Improvement	Excellent Improvement	Minimal Improvement	12	19	24	18	Limited Improvement
24	5	1	4	3	3	2	1	3	1	2	1	2	3	4	3	YES	Excellent Improvement	Minimal Improvement	Minimal Improvement	Minimal Improvement	15	16	18	16	Limited Improvement

25	5	1	2	3	3	2	1	3	1	2	5	4	2	1	3	YES	Excellent Improvement	Minimal Improvement	Limited Improvement	Limited Improvement	18	20	22	20	Limited Improvement
26	2	1	2	3	2	2	1	3	1	2	5	4	2	1	3	YES	Excellent Improvement	Minimal Improvement	Moderate Improvement	Moderate Improvement	19	22	21	21	Moderate Improvement
27	2	1	2	3	2	2	1	3	1	2	5	4	2	1	3	NO	Minimal Improvement	Minimal Improvement	Significant Improvement	Significant Improvement	15	19	19	18	Limited Improvement
28	1	1	2	3	2	2	1	3	1	2	5	4	2	1	3	YES	Minimal Improvement	Moderate Improvement	Excellent Improvement	Excellent Improvement	15	18	25	19	Limited Improvement
29	1	1	2	3	2	2	1	3	1	2	5	4	2	1	3	YES	Minimal Improvement	Moderate Improvement	Minimal Improvement	Minimal Improvement	15	19	20	18	Limited Improvement
30	1	1	2	3	2	5	3	2	1	3	5	4	2	1	3	YES	Moderate Improvement	Moderate Improvement	Limited Improvement	Limited Improvement	15	22	22	20	Limited Improvement
31	1	1	2	3	2	5	3	2	1	3	5	4	2	1	3	NO	Moderate Improvement	Moderate Improvement	Moderate Improvement	Moderate Improvement	19	22	26	22	Limited Improvement
32	4	1	2	3	3	5	3	2	1	3	3	5	2	3	3	YES	Moderate Improvement	Moderate Improvement	Significant Improvement	Significant Improvement	19	22	25	22	Limited Improvement
33	4	3	4	3	4	5	3	2	1	3	2	3	4	5	4	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	21	24	18	21	Moderate Improvement
34	4	3	4	3	4	5	3	2	1	3	2	3	4	5	4	YES	Moderate Improvement	Significant Improvement	Minimal Improvement	Minimal Improvement	24	21	22	22	Moderate Improvement
35	5	3	4	3	4	5	3	2	1	3	2	3	4	5	4	NO	Moderate Improvement	Significant Improvement	Limited Improvement	Limited Improvement	19	23	22	21	Moderate Improvement
36	5	3	4	3	4	5	3	2	1	3	1	2	3	4	3	NO	Moderate Improvement	Significant Improvement	Moderate Improvement	Moderate Improvement	22	22	20	21	Moderate Improvement
37	5	3	4	3	4	1	5	4	3	3	1	2	3	4	3	NO	Moderate Improvement	Excellent Improvement	Significant Improvement	Significant Improvement	17	18	21	19	Limited Improvement
38	1	3	4	3	3	1	5	4	3	3	1	2	3	4	3	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	14	23	14	17	Limited Improvement
39	1	1	4	3	2	1	5	4	3	3	4	3	2	1	3	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	12	17	18	16	Limited Improvement
40	1	1	2	3	2	1	5	4	3	3	4	3	2	1	3	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	22	20	20	21	Moderate Improvement

3 hour per session Home pista usage average 5 hours

**Minimal Improvement (1/5):** The patient shows little to no interest or engagement in exercise activities. They may have difficulty understanding or remembering exercise routines and may require

**Limited Improvement (2/5):** The patient occasionally engages in exercise activities but lacks consistency. They may need reminders and encouragement to participate and may have difficulty following

**Regular Engagement (3/5):** The patient engages in exercise activities on a regular basis. They can follow simple exercise routines with guidance and demonstrate improved physical capabilities over time.

**Steady Improvement (4/5):** The patient consistently participates in exercise activities and demonstrates noticeable improvement in their physical abilities, such as increased strength, balance, or

**Maintaining Abilities (5/5):** The patient maintains their current level of physical abilities and cognitive function through regular exercise. While they may not experience significant improvement due to