	Exercise															Behavior Changes					Memory Improvements				
		Month 1 Month 2 Month 3								/lonth	3		Abusive	Anger	Sunset syndrome	self confidence	Frustration	Month 1	Month 2	Month 3	Average	Result			
Code	W1	W1   W2   W3   W4   AVE   W1   W2   W3   W4   AV						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	Minimal	Minimal	Minimal	10	25	25	20	Limited Improvement
1	4	4		4	4	3	1	2	4	3		3	3	4	٥	NO	Improvement	Improvement	Improvement	Improvement	10	23	23	20	Limited improvement
2	1	3	2	1	2	4	3	5	1	3	4	2	5	1	3	NO	Limited	Limited	Limited	Limited	17	21	24	21	Moderate Improvement
<u> </u>		_	_		_		_					<u> </u>	_		_	117	Improvement	Improvement	Improvement	Improvement					
3	2	3	2	4	3	3	3	5	1	3	4	2	5	1	3	NO	Moderate	Moderate	Moderate	Moderate	11	11	12	11	Limited Improvement
																	Improvement Significant	Improvement Significant	Improvement Significant	Improvement Significant					
4	2	3	2	1	2	2	3	5	1	3	4	2	5	1	3	NO	Improvement	Improvement	Improvement	Improvement	19	18	19	19	Limited Improvement
-	2	-	_	-	5	_	_	-	1	_	_	1	-	1	_	NO	Excellent	Excellent	Excellent	Excellent	25	10	15	10	Limited Income
5	3	5	5	5	5	2	3	5	1	3	4	2	5	1	3	NO	Improvement	Improvement	Improvement	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	Moderate	Excellent	Limited	19 25 20	18 12 18	25 22 21	21	Moderate Improvement
	,				-		1	,	7	,	J		-		,	NO	Improvement	Improvement	Improvement	Improvement					
7	4	3	3	3	3	2	1	3	4	3	3	2	1	4	3	YES	Moderate	Significant	Excellent	Limited					Limited Improvement
																	Improvement	Improvement	Improvement	Improvement				_	
8	5	4	4	4	4	2	1	3	4	3	3	2	1	4	3	NO	Minimal	Excellent	Excellent	Limited				20	Limited Improvement
																_	Improvement Limited	Improvement Minimal	Improvement Excellent	Improvement					
9	1	5	2	1	2	2	1	3	4	3	3	2	1	4	3	NO	Improvement	Improvement	Improvement	Limited Improvement	10	10	14	11	Limited Improvement
																	Moderate	Limited	Excellent	Limited					
10	1	2	3	1	2	2	1	3	4	3	3	2	1	4	3	NO	Improvement	Improvement	Improvement	Improvement	11	10	12	11	Limited Improvement
44		_	_	_	_	_			_		_		_	_	_	NO	Significant	Minimal	Excellent	Limited	44	40	25	40	12 - 2 - 11
11	1	3	2	1	2	2	1	3	4	3	3	2	1	4	3	NO	Improvement	Improvement	Improvement	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	Minimal	Excellent	Limited	18	17	22	19	Limited Improvement
12		2	,	4	3	3	,	3	4	4	,	7	3	2	†	NO	Improvement	Improvement	Improvement	Improvement	10	1,	22	19	Limited improvement
13	3	3	2	4	3	3	5	3	4	4	5	4	3	2	4	NO	Minimal	Limited	Excellent	Limited	18	19	24	20	Limited Improvement
																	Improvement	Improvement	Improvement	Improvement					,
14	3	5	1	1	3	3	5	1	3	3	5	4	3	2	4	NO	Limited	Limited	Excellent	Limited	15	12	19	15	Limited Improvement
-																	Improvement Moderate	Improvement Limited	Improvement Moderate	Improvement					
15	3	1	3	1	2	3	5	1	3	3	5	4	3	2	4	NO	Improvement	Improvement	Improvement	Significant Improvement	11	13	14	13	Limited Improvement
																	Significant	Significant	Moderate	Significant		<del> </del>	10	1.5	
16	4	2	4	5	4	3	5	1	3	3	5	4	3	2	4	NO	Improvement	Improvement	Improvement	Improvement	16	14	18	16	Limited Improvement
17	4	г	5	F	5	1	า	5	1	2	1	2	2	4	3	NO	Excellent	Significant	Moderate	Significant	17	15	22	18	Limited Improvement
17	4	5	5	5	5	1	2	Э	Т	2	1		3	4	3	NO	Improvement	Improvement	Improvement	Improvement	17	15	22	10	Limited Improvement
18	4	3	2	3	3	1	2	5	1	2	1	2	3	4	3	NO	Moderate	Minimal	Moderate	Significant	14	16	23	18	Limited Improvement
	إنا		Ļ	Ĺ			_	Ľ	<u> </u>		<u> </u>	<u> </u>	Ĺ	·			Improvement	Improvement	Improvement	Improvement	ļ				
19	2	1	3	3	2	1	2	5	1	2	1	2	3	4	3	NO	Significant	Limited	Moderate	Significant	12	17	22	17	Limited Improvement
-								<u> </u>			-	<del>                                     </del>					Improvement	Improvement	Improvement	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
-												1					Excellent	Significant	Moderate	Significant	1				
21	1	1	4	3	2	1	3	3	2	2	1	2	3	4	3	YES	Improvement	Improvement	Improvement	Improvement	18	14	21	18	Limited Improvement
22		_	_	_		_	_	_	_			_	_	_		VEC	Minimal	Excellent	Minimal	Minimal	15	10	22	40	Limited Improvement
22	2	1	4	3	3	1	3	2	2	2	1	2	3	4	3	YES	Improvement	Improvement	Improvement	Improvement		18	22	18	
23	5	1	4	3	3	1	3	2	4	3	1	2	3	4	3	YES	Limited	Minimal	Excellent	Minimal	12	19	24	18	Limited Improvement
23	ر	_		ر	,	•	٥		_	,			,	_	,	11.3	Improvement	Improvement	Improvement	Improvement	12	13	24	10	Limited improvement
24	5	1	4	3	3	2	1	3	1	2	1	2	3	4	3	YES	Excellent	Minimal	Minimal	Minimal	15	16	18	16	Limited Improvement
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25 5	1																							
23   3	1	2	3	3	2	1	3	1	2	5	4	2	1	3	YES	Excellent	Minimal	Limited	Limited	18	20	22	20	Limited Improvement
			,	J	-	1	٦	<u>'</u> أ		,	•		-	,	11.5	Improvement	Improvement	Improvement	Improvement	10	20	22		
26 2	1	2	3	2	2	1	2	1	2	5	4	2	1	3	YES	Excellent	Minimal	Moderate	Moderate	19	22	21	21	Moderate Improvement
20 2	1		3	2	2	1	3	1	2	5	4		1	3	163	Improvement	Improvement	Improvement	Improvement	19	22	21	21	
27 2	1	2	3	2	2	1	3	1	2	5	4	2	1	3	NO	Minimal	Minimal	Significant	Significant	15	10	10	18	Limited Improvement
21 2	1		3	2	2	1	3	1	2	Э	4	2	1	3	NO	Improvement	Improvement	Improvement	Improvement	15	19	19		
28 1	1	2	3	2	2	1	_	1	2	5	4	2	1	2	YES	Minimal	Moderate	Excellent	Excellent	15	18	25	19	Limited Improvement
20 1	1		3	2	2	1	3	1	2	Э	4		2 1	3	YES	Improvement	Improvement	Improvement	Improvement	15				
29 1	_	2	3	2	2	1	3	1	2	5	4	2	-1	_	V/50	Minimal	Moderate	Minimal	Minimal	15	19	20	40	Limited Improvement
29 1	1	2	э	2	2	1	3	1	2	Э	4	2 1	3	YES	Improvement	Improvement	Improvement	Improvement	13	19	20	18	Limited improvement	
30 1	0 1 1	2	3	2	5	1	_	1	3	5	4	2	1	3	YES	Moderate	Moderate	Limited	Limited	15	22	22	20	Limited Improvement
30 1	1		э	2	5	3	2	1	3	Э	4		1	3		Improvement	Improvement	Improvement	Improvement	15				
21 1	31 1 1 2 3	2	2	2	5	3	_	1	3	5	4	2	1	3	NO	Moderate	Moderate	Moderate	Moderate	19	22	26	22	Limited Improvement
31 1		3	2	3	3	2	1	3	5	4	2	1	3	NO	Improvement	Improvement	Improvement	Improvement	19	22	26		Limited Improvement	
32 4	1	2	3	3	5	3	_	4	2	_	5	2	3	3	YES	Moderate	Moderate	Significant	Significant	19	22	25	22	Limited Incomesses
32 4	1		э	3	5	3	2	1	3	3	5	2	3	3	TES	Improvement	Improvement	Improvement	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	Excellent	Excellent	Excellent	21	24	18	21	Moderate Improvement
33 4	3	4	3	*	3	3	2	1	3		3	4	3	4		Improvement	Improvement	Improvement	Improvement	21		10	21	
34 4	3	4	3	4	5	3	2	1	3	2	3	4	5	4	YES	Moderate	Significant	Minimal	Minimal	24	21	22	22	Moderate Improvement
34 4	3	4	3	*	3	3	2	1	3		3	4	3	4		Improvement	Improvement	Improvement	Improvement	24	21	22	22	
35 5	5 5 3	4	3	4	5	3	2	1	3	2	3	4	5	4	NO	Moderate	Significant	Limited	Limited	19	23	22	21	Moderate Improvement
33 3	3	4	י	4	5	ი	2	1	3		ი	4	ה	‡	NO	Improvement	Improvement	Improvement	Improvement	19	23	22		
36 5	3	4	3	4	5	3	2	1	3	1	2	2	3 4 <b>3</b>	,	NO	Moderate	Significant	Moderate	Moderate	22	22	20	21	Moderate Improvement
30 3	3	4	3	*	3	3	2	1	3	1		э		3		Improvement	Improvement	Improvement	Improvement		22			
37 5	3	4	3	4	1	5	4	2	3	1	2	3	4	3	NO	Moderate	Excellent	Significant	Significant	17	18	21	19	Limited Income
3/ 3	3	4	o	4	1	n		3	3	1	2	3	4	ń	NO	Improvement	Improvement	Improvement	Improvement	17	16	21	19	Limited Improvement
38 1	3	4	3	3	1	5	4	3	3	1	2	3	4	3	NO	Moderate	Excellent	Excellent	Excellent	14	23	14	17	Limited Improvement
30 1	3			3	1	5		3	3	1	2	э	4	3	NO	Improvement	Improvement	Improvement	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	Excellent	Excellent	Excellent	12	17	18	16	Limited Improvement
39 1	1	4	3			Э	4	3	3	4	3		1	3	NU	NO	NO	Improvement	Improvement	Improvement	Improvement	12	12 1/ 18	10
40 1	1	2	2	2	1	5	4	2	2	4	2	2	1	3	NO	Moderate	Excellent	Excellent	Excellent	22	20	20	21	Ma danata Inamanana
		2	3	2	1	Э		3	3	4	3		1	3	NU	Improvement	Improvement	Improvement	Improvement	22	20	20	21	Moderate Improvement

## e 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