

| 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 |                  |                         |                         |                         |                         |                     |         |         |         |                      |
| <b>2nd group</b> |          |    |    |    |     |         |    |    |    |     |         |    |    |    |     |                  |                         |                         |                         |                         |                     |         |         |         |                      |
| 41               | 2        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 12                  | 18      | 20      | 17      | Limited Improvement  |
| 42               | 2        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Limited Improvement     | Limited Improvement     | Limited Improvement     | Limited Improvement     | 15                  | 17      | 15      | 16      | Limited Improvement  |
| 43               | 2        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | 14                  | 18      | 19      | 17      | Limited Improvement  |
| 44               | 3        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Significant Improvement | Significant Improvement | Significant Improvement | Significant Improvement | 10                  | 12      | 16      | 13      | Limited Improvement  |
| 45               | 3        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 18                  | 19      | 20      | 19      | Limited Improvement  |
| 46               | 3        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 22                  | 22      | 24      | 23      | Moderate Improvement |
| 47               | 4        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Limited Improvement     | Limited Improvement     | Limited Improvement     | Limited Improvement     | 14                  | 15      | 17      | 15      | Limited Improvement  |
| 48               | 4        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 2       | 3  | 3  | 4  | 3   | NO               | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | 19                  | 19      | 22      | 20      | Limited Improvement  |
| 49               | 4        | 1  | 3  | 5  | 3   | 5       | 3  | 2  | 3  | 3   | 3       | 1  | 1  | 1  | 2   | NO               | Significant Improvement | Significant Improvement | Significant Improvement | Significant Improvement | 22                  | 21      | 25      | 23      | Moderate Improvement |
| 50               | 5        | 1  | 3  | 5  | 4   | 5       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | NO               | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 13                  | 15      | 18      | 15      | Limited Improvement  |
| 51               | 5        | 4  | 2  | 1  | 3   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Minimal Improvement     | Limited Improvement     | Moderate Improvement    | Moderate Improvement    | 18                  | 17      | 19      | 18      | Limited Improvement  |
| 52               | 1        | 4  | 2  | 1  | 2   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Limited Improvement     | Moderate Improvement    | Significant Improvement | Significant Improvement | 22                  | 21      | 22      | 22      | Moderate Improvement |
| 53               | 1        | 4  | 2  | 1  | 2   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Moderate Improvement    | Significant Improvement | Excellent Improvement   | Excellent Improvement   | 20                  | 21      | 25      | 22      | Moderate Improvement |
| 54               | 1        | 4  | 2  | 1  | 2   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Significant Improvement | Excellent Improvement   | Minimal Improvement     | Minimal Improvement     | 14                  | 16      | 19      | 16      | Limited Improvement  |
| 55               | 5        | 4  | 2  | 1  | 3   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Excellent Improvement   | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | 11                  | 15      | 19      | 15      | Limited Improvement  |
| 56               | 5        | 4  | 2  | 1  | 3   | 3       | 4  | 2  | 1  | 3   | 3       | 1  | 1  | 1  | 2   | YES              | Minimal Improvement     | Significant Improvement | Significant Improvement | Significant Improvement | 10                  | 15      | 17      | 14      | Limited Improvement  |
| 57               | 5        | 4  | 2  | 1  | 3   | 1       | 2  | 3  | 4  | 3   | 5       | 1  | 3  | 4  | 3   | YES              | Limited Improvement     | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 18                  | 20      | 22      | 20      | Limited Improvement  |
| 58               | 1        | 4  | 2  | 1  | 2   | 1       | 2  | 3  | 4  | 3   | 5       | 1  | 3  | 4  | 3   | YES              | Moderate Improvement    | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 17                  | 18      | 18      | 18      | Limited Improvement  |
| 59               | 2        | 4  | 2  | 1  | 2   | 1       | 2  | 3  | 4  | 3   | 5       | 1  | 3  | 4  | 3   | YES              | Significant Improvement | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 22                  | 22      | 17      | 20      | Limited Improvement  |
| 60               | 3        | 3  | 4  | 5  | 4   | 1       | 2  | 3  | 4  | 3   | 5       | 2  | 3  | 4  | 4   | YES              | Excellent Improvement   | Limited Improvement     | Minimal Improvement     | Limited Improvement     | 24                  | 25      | 25      | 25      | Moderate Improvement |
| 61               | 4        | 3  | 4  | 5  | 4   | 1       | 2  | 3  | 4  | 3   | 5       | 2  | 3  | 4  | 4   | YES              | Minimal Improvement     | Moderate Improvement    | Limited Improvement     | Moderate Improvement    | 23                  | 24      | 23      | 23      | Moderate Improvement |
| 62               | 5        | 3  | 4  | 5  | 4   | 1       | 2  | 3  | 4  | 3   | 5       | 2  | 3  | 4  | 4   | YES              | Limited Improvement     | Significant Improvement | Moderate Improvement    | Significant Improvement | 18                  | 20      | 22      | 20      | Limited Improvement  |
| 63               | 5        | 3  | 4  | 5  | 4   | 1       | 2  | 3  | 4  | 3   | 5       | 2  | 3  | 4  | 4   | NO               | Moderate Improvement    | Limited Improvement     | Limited Improvement     | Limited Improvement     | 19                  | 20      | 24      | 21      | Moderate Improvement |
| 64               | 4        | 3  | 4  | 5  | 4   | 1       | 2  | 3  | 4  | 3   | 5       | 2  | 3  | 4  | 4   | NO               | Significant Improvement | Moderate Improvement    | Moderate Improvement    | Moderate Improvement    | 22                  | 25      | 28      | 25      | Moderate Improvement |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                         |                         |                         |                         |    |    |    |    |                      |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|-------------------------|-------------------------|-------------------------|-------------------------|----|----|----|----|----------------------|
| 65 | 3 | 3 | 4 | 5 | 4 | 1 | 2 | 3 | 4 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Excellent Improvement   | Significant Improvement | Significant Improvement | Significant Improvement | 17 | 19 | 22 | 19 | Limited Improvement  |
| 66 | 2 | 3 | 4 | 5 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Minimal Improvement     | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 16 | 16 | 19 | 17 | Limited Improvement  |
| 67 | 1 | 3 | 4 | 5 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Limited Improvement     | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 23 | 22 | 27 | 24 | Moderate Improvement |
| 68 | 2 | 3 | 4 | 5 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Moderate Improvement    | Limited Improvement     | Limited Improvement     | Limited Improvement     | 21 | 18 | 19 | 19 | Limited Improvement  |
| 69 | 2 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Significant Improvement | Excellent Improvement   | Significant Improvement | Significant Improvement | 20 | 19 | 22 | 20 | Limited Improvement  |
| 70 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Excellent Improvement   | Minimal Improvement     | Excellent Improvement   | Excellent Improvement   | 14 | 17 | 20 | 17 | Limited Improvement  |
| 71 | 5 | 4 | 2 | 4 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 1 | 5 | 2 | 3 | NO | Minimal Improvement     | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 17 | 15 | 14 | 15 | Limited Improvement  |
| 72 | 4 | 4 | 2 | 4 | 4 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 5 | 4 | 4 | NO | Limited Improvement     | Significant Improvement | Significant Improvement | Significant Improvement | 15 | 12 | 16 | 14 | Limited Improvement  |
| 73 | 2 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 5 | 4 | 4 | NO | Moderate Improvement    | Excellent Improvement   | Excellent Improvement   | Excellent Improvement   | 12 | 15 | 15 | 14 | Limited Improvement  |
| 74 | 4 | 4 | 2 | 4 | 4 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 5 | 4 | 4 | NO | Significant Improvement | Minimal Improvement     | Minimal Improvement     | Minimal Improvement     | 11 | 11 | 14 | 12 | Limited Improvement  |
| 75 | 3 | 3 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Excellent Improvement   | Limited Improvement     | Limited Improvement     | Limited Improvement     | 19 | 19 | 22 | 20 | Limited Improvement  |
| 76 | 5 | 3 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Minimal Improvement     | Excellent Improvement   | Limited Improvement     | Limited Improvement     | 10 | 15 | 23 | 16 | Limited Improvement  |
| 77 | 2 | 3 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Limited Improvement     | Minimal Improvement     | Limited Improvement     | Limited Improvement     | 12 | 15 | 15 | 14 | Limited Improvement  |
| 78 | 5 | 3 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Moderate Improvement    | Excellent Improvement   | Limited Improvement     | Limited Improvement     | 19 | 22 | 22 | 21 | Moderate Improvement |
| 79 | 1 | 3 | 1 | 4 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Significant Improvement | Minimal Improvement     | Limited Improvement     | Limited Improvement     | 22 | 25 | 23 | 23 | Moderate Improvement |
| 80 | 1 | 3 | 1 | 4 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 5 | 4 | 4 | NO | Excellent Improvement   | Significant Improvement | Significant Improvement | Significant Improvement | 21 | 22 | 22 | 22 | Moderate Improvement |

≥ 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