	Exercise																Behavior Changes					Memory Improvements				
		Month 1 Month 2								N	/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 AVE					AVE	W1	W2	W3	W4	AVE														
																	2nd	group								
41	2	1	3	5	3	5	3	2	3	3	2	3	3	4	3	NO	Minimal	Minimal	Minimal	Minimal	12	18	20	17	Limited Improvement	
41		1	3	J	3	,	3		3	3		,	,	+	3	NO	Improvement	Improvement	Improvement	Improvement	12	10	20	17	Limited improvement	
42	2	1	3	5	3	5	3	2	3	3	2	3	3	4	3	NO	Limited	Limited	Limited	Limited	15	17	15	16	Limited Improvement	
																	Improvement	Improvement	Improvement	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	
-																	Significant	Significant	Significant	Significant						
44	3	1	3	5	3	5	3	2	3	3	2	3	3	4	3	NO	Improvement	Improvement	Improvement	Improvement	10	12	16	13	Limited Improvement	
45	3	1	3	5	3	5	_	2	3	3	2	3	3	4	3	NO	Excellent	Excellent	Excellent	Excellent	10	19	20	19	Limited Improvement	
45	3	1	3	5	3	5	3	2	3	3	2	3	3	4	3	NO	Improvement	Improvement	Improvement	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	Minimal	Minimal	Minimal	22	22	24	23	Moderate Improvement	
	Ľ	_	Ŭ	Ŭ	J	J		_	Ŭ				Ŭ		Ů		Improvement	Improvement	Improvement	Improvement					Woderate improvement	
47	4	1	3	5	3	5	3	2	3	3	2	3	3	4	3	NO	Limited	Limited	Limited	Limited	14	15	17	15	Limited Improvement	
_																	Improvement	Improvement	Improvement	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	
																	Significant	Significant	Significant	Significant		\vdash				
49	4	1	3	5	3	5	3	2	3	3	3	1	1	1	2	NO	Improvement	Improvement	Improvement	Improvement	22	21	25	23	Moderate Improvement	
	<u> </u>		_					_			_						Excellent	Excellent	Excellent	Excellent						
50	5	1	3	5	4	5	4	2	1	3	3	1	1	1	2	NO	Improvement	Improvement	Improvement	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	Limited	Moderate	Moderate	18	17	19	18	Limited Improvement	
31	,	4		_	3	J	4			3	3		1	1	-	11.5	Improvement	Improvement	Improvement	Improvement	16	1/	13	16	Limited improvement	
52	1	4	2	1	2	3	4	2	1	3	3	1	1	1	2	YES	Limited	Moderate	Significant	Significant	22	21	22	22	Moderate Improvement	
																	Improvement	Improvement	Improvement	Improvement						
53	1	4	2	1	2	3	4	2	1	3	3	1	1	1	2	YES	Moderate	Significant	Excellent	Excellent	20	21	25	22	Moderate Improvement	
											-	-					Improvement Significant	Improvement Excellent	Improvement Minimal	Improvement Minimal						
54	1	4	2	1	2	3	4	2	1	3	3	1	1	1	2	YES	Improvement	Improvement	Improvement	Improvement	14	16	19	16	Limited Improvement	
	_		_		_			_			_				_	\/F6	Excellent	Moderate	Moderate	Moderate			4.0	4.5		
55	5	4	2	1	3	3	4	2	1	3	3	1	1	1	2	YES	Improvement	Improvement	Improvement	Improvement	11	11 15	19	15	Limited Improvement	
56	5	4	2	1	3	3	4	2	1	3	3	1	1	1	2	YES	Minimal	Significant	Significant	Significant	10	15 20	17	14	Limited Improvement	
50		-		_		,			_				_		_	123	Improvement	Improvement	Improvement	Improvement				<u> </u>	Emited improvement	
57	5	4	2	1	3	1	2	3	4	3	5	1	3	4	3	YES	Limited	Excellent	Excellent	Excellent			22	20	Limited Improvement	
																	Improvement	Improvement	Improvement	Improvement					·	
58	1	4	2	1	2	1	2	3	4	3	5	1	3	4	3	YES	Moderate	Minimal Improvement	Minimal	Minimal Improvement	17	18	18	18	Limited Improvement	
																	Improvement Significant	Minimal	Improvement Minimal	Minimal						
59	2	4	2	1	2	1	2	3	4	3	5	1	3	4	3	YES	Improvement Improvement Improvement 22 22 11	17	20	Limited Improvement						
				_	_	_		_			_		_			VE0	Excellent	Limited	Minimal	Limited		25				
60	3	3	4	5	4	1	2	3	4	3	5	2	3	4	4	YES	Improvement	Improvement	Improvement	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	Moderate	Limited	Moderate	23	24	23	23	Moderate Improvement	
01		,			7	_		,		,	,	<u> </u>			_	11.5	Improvement Improve	Improvement	Improvement	Improvement	23			23	moderate improvement	
62	5	3	4	5	4	1	2	3	4	3	5	2	3	4	4	YES	Limited	Significant	Moderate	Significant	18	20	22	20	Limited Improvement	
-								<u> </u>	<u>L</u>					<u> </u>			Improvement	Improvement	Improvement	Improvement			24		Emited improvement	
63	5	3	4	5	4	1	2	3	4	3	5	2	3	4	4 NO	NO	Moderate	Limited	Limited	Limited	19	20		21	Moderate Improvement	
-								+									Improvement Significant	Improvement Moderate	Improvement Moderate	Improvement Moderate	1	1				
64	4	3	4	5	4	1	2	3	4	3	5	2	3	4	4	NO	Improvement	Improvement	Improvement	Improvement	22	25	28	25	Moderate Improvement	
			<u> </u>				L		L		<u> </u>	<u> </u>	<u> </u>				provement	provement	provement	provement	L	L	1	1		

									1				1					1	1	1					1
65 3	3	4	5	4	1	2	3	4	3	4	1	5	2	3	NO	Excellent	Significant	Significant	Significant	17	19	22	19	Limited Improvement	
00			-			نـــــــــــــــــــــــــــــــــــــ					_	•	110	Improvement	Improvement	Improvement	Improvement		13	22	13	zimited improvement			
66	66 2 3	4	5	4	4	3	١,	2	3	4	1	5	2	3	NO	Minimal	Excellent	Excellent	Excellent	16	16	19	17	Limited Income	
00		3	4	3	4	4	3	2	2	3	4	1	3	2	3	NO	Improvement	Improvement	Improvement	Improvement	10	10	19	17	Limited Improvement
67	67 1 3	,		-				2	_			_	_	_		NO	Limited	Minimal	Minimal	Minimal	22	22	27	24	Moderate Improvement
67		3	4	5	3	4	3		2	3	4	1	5	2	3	NO	Improvement	Improvement	Improvement	Improvement	23	22	27		
	2 2 2	_		_			_				_		_		_	NO	Moderate	Limited	Limited	Limited		4.0	4.0	19	Limited Improvement
68	2	3	4	5	4	4	3	2	2	3	4	1	5	2	3		Improvement	Improvement	Improvement	Improvement	21	18	19		
		_			_						_				Significant	Excellent	Significant	Significant					1		
69	2	4	2	4	3	4	3	2	2 3	4	1	5	2	3	NO	Improvement	Improvement	Improvement	Improvement	20	19	22	20	Limited Improvement	
											_				Excellent	Minimal	Excellent	Excellent							
70	3	4	2	4	3	4	3	2	2 2	3	4	1	5	2	3	NO	Improvement	Improvement	Improvement	Improvement	14	17	20	17	Limited Improvement
	5 4 2 4				1									Minimal	Excellent Excellent Excellent										
71		4	4	4	3	2	2	3	4	1	5	2	3	NO	-	Improvement Improv	14	15	Limited Improvement						
	72 4 4													_		Limited	Significant	Significant	Significant						
72		4	2	4	4	4	3	2	2	3	3	2	5	4	4	NO	Improvement	Improvement	Improvement	Improvement	15	12	16	14	Limited Improvement
	73 2 4																Moderate	Excellent	Excellent	Excellent					1
73		4	2	4	3	4	3	2	2	3	3	2	5	4	4	NO	Improvement	Improvement	Improvement	Improvement	12	15	15	14	Limited Improvement
	4 4 4 2														Significant	Minimal	Minimal	Minimal							
74		2	4	4	4	3	2	2	3	3	2	5	4	4	NO	Improvement	Improvement	Improvement	Improvement	11	11	14	12	Limited Improvement	
																Excellent	Limited	Limited	Limited					+	
75	3	3	1	L 4 3	3	1	1	1	1	1	3	2	5	4	4	NO	Improvement	Improvement	Improvement	Improvement	19	19	22	20	Limited Improvement
								+								NO	Minimal	Excellent	Limited	Limited	10		23	16	Limited Improvement
76	5	3	1	4	3	1	1	1	1	1	3	2	5	4	4							15			
-								1									Improvement	Improvement	Improvement	Improvement					
77	2	3	1	4	3	1	1	1	1	1	3	2	5	4	4	NO	Limited	Minimal	Limited	Limited	12	15	15	14	Limited Improvement
																	Improvement	Improvement	Improvement	Improvement					
78	5	3	1	4	3	1	1	1	1	1	3	2	5	4	4	NO	Moderate	Excellent	Limited	Limited	19	22	22	21	Moderate Improvement
\vdash				<u> </u>													Improvement	Improvement	Improvement	Improvement			<u> </u>		
79	79 1 3	3	1	4	2	1	1	1	1	1	3	2	5	4	4	NO	Significant	Minimal	Limited	Limited	22	25	23	23	Moderate Improvement
																-	Improvement	Improvement	Improvement	Improvement					
80	80 1	3	1	4	2	1	1	1	1	1	3	2	5	4	4	NO	Excellent	Significant	Significant	Significant	21	22	22	22	Moderate Improvement
	ر	_		_	_	_			-	Ŭ			•			Improvement	Improvement	Improvement	Improvement					p. o.cent	

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