

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										
3rd group																									
81	5	4	3	2	4	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Minimal Improvement	Moderate Improvement	Minimal Improvement	20	17	17	18	Limited Improvement
82	4	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Limited Improvement	Moderate Improvement	Limited Improvement	17	23	19	20	Limited Improvement
83	3	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Moderate Improvement	Moderate Improvement	Moderate Improvement	16	12	19	16	Limited Improvement
84	2	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Significant Improvement	Moderate Improvement	Significant Improvement	16	18	23	19	Limited Improvement
85	1	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Excellent Improvement	Moderate Improvement	Excellent Improvement	20	14	16	17	Limited Improvement
86	2	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Minimal Improvement	Minimal Improvement	Minimal Improvement	17	19	20	19	Limited Improvement
87	3	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Limited Improvement	Limited Improvement	Limited Improvement	18	23	25	22	Moderate Improvement
88	4	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate Improvement	Moderate Improvement	Moderate Improvement	Moderate Improvement	23	15	19	19	Limited Improvement
89	4	4	3	2	3	3	2	1	3	2	4	5	2	3	4	NO	Moderate Improvement	Significant Improvement	Significant Improvement	Significant Improvement	22	19	24	22	Moderate Improvement
90	5	4	3	2	4	3	2	1	3	2	1	2	4	5	3	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Minimal Improvement	16	19	16	17	Limited Improvement
91	2	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate Improvement	Moderate Improvement	Significant Improvement	Minimal Improvement	13	20	20	18	Limited Improvement
92	1	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate Improvement	Moderate Improvement	Excellent Improvement	Excellent Improvement	16	18	22	19	Limited Improvement
93	2	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Excellent Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	22	18	18	19	Limited Improvement
94	3	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate Improvement	Moderate Improvement	Moderate Improvement	Significant Improvement	23	13	23	20	Limited Improvement
95	4	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate Improvement	Moderate Improvement	Moderate Improvement	Excellent Improvement	20	13	21	18	Limited Improvement
96	5	3	1	5	4	2	5	3	2	3	1	2	4	5	3	NO	Moderate Improvement	Significant Improvement	Moderate Improvement	Moderate Improvement	17	14	25	19	Limited Improvement
97	5	3	1	5	4	2	5	3	2	3	1	2	4	5	3	NO	Moderate Improvement	Excellent Improvement	Moderate Improvement	Moderate Improvement	22	18	24	21	Moderate Improvement
98	3	3	1	5	3	2	5	3	2	3	1	2	4	5	3	NO	Moderate Improvement	Minimal Improvement	Excellent Improvement	Moderate Improvement	23	12	25	20	Limited Improvement
99	2	3	1	5	3	2	5	3	2	3	3	1	2	4	3	YES	Moderate Improvement	Minimal Improvement	Minimal Improvement	Significant Improvement	15	17	20	17	Limited Improvement
100	1	3	1	5	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate Improvement	Limited Improvement	Excellent Improvement	Excellent Improvement	14	20	21	18	Limited Improvement
101	1	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate Improvement	Moderate Improvement	Minimal Improvement	Minimal Improvement	12	21	16	16	Limited Improvement
102	2	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate Improvement	Significant Improvement	Significant Improvement	Excellent Improvement	21	16	25	21	Moderate Improvement
103	4	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate Improvement	Excellent Improvement	Excellent Improvement	Moderate Improvement	21	21	20	21	Moderate Improvement
104	3	4	2	3	3	1	2	4	5	3	3	1	2	4	3	NO	Moderate Improvement	Minimal Improvement	Minimal Improvement	Moderate Improvement	17	13	19	16	Limited Improvement

105	2	4	2	3	3	1	2	4	5	3	3	1	2	4	3	NO	Moderate Improvement	Moderate Improvement	Minimal Improvement	Moderate Improvement	20	17	24	20	Limited Improvement
106	4	4	2	3	3	1	2	4	5	3	3	1	2	4	3	NO	Excellent Improvement	Moderate Improvement	Limited Improvement	Minimal Improvement	13	13	24	17	Limited Improvement
107	5	4	2	3	4	1	2	4	5	3	5	3	2	4	4	NO	Excellent Improvement	Significant Improvement	Moderate Improvement	Limited Improvement	13	16	19	16	Limited Improvement
108	2	4	2	3	3	1	2	4	5	3	5	3	2	4	4	NO	Excellent Improvement	Excellent Improvement	Significant Improvement	Moderate Improvement	13	23	19	18	Limited Improvement
109	1	4	2	3	3	1	2	4	5	3	5	3	2	4	4	NO	Excellent Improvement	Moderate Improvement	Excellent Improvement	Significant Improvement	19	20	19	19	Limited Improvement
110	2	4	2	3	3	4	2	1	2	2	5	3	2	4	4	NO	Excellent Improvement	Moderate Improvement	Excellent Improvement	Excellent Improvement	18	22	23	21	Moderate Improvement
111	3	4	1	3	3	4	2	1	2	2	5	3	2	4	4	NO	Excellent Improvement	Significant Improvement	Significant Improvement	Significant Improvement	12	17	24	18	Limited Improvement
112	4	1	3	2	3	4	2	1	2	2	5	3	2	4	4	NO	Excellent Improvement	Excellent Improvement	Excellent Improvement	Excellent Improvement	21	23	16	20	Moderate Improvement
113	5	1	3	2	3	4	2	1	2	2	5	3	2	4	4	NO	Excellent Improvement	Significant Improvement	Minimal Improvement	Moderate Improvement	14	23	21	19	Limited Improvement
114	4	1	3	2	3	4	2	1	2	2	5	3	2	4	4	NO	Excellent Improvement	Excellent Improvement	Minimal Improvement	Moderate Improvement	21	15	23	20	Moderate Improvement
115	3	1	3	2	2	4	2	1	2	2	3	2	1	3	2	NO	Excellent Improvement	Minimal Improvement	Limited Improvement	Moderate Improvement	23	14	17	18	Limited Improvement
116	2	1	3	2	2	4	2	1	2	2	3	2	1	3	2	NO	Excellent Improvement	Limited Improvement	Moderate Improvement	Minimal Improvement	13	17	24	18	Limited Improvement
117	1	1	3	2	2	3	1	2	3	2	3	2	1	3	2	NO	Excellent Improvement	Moderate Improvement	Significant Improvement	Limited Improvement	15	22	23	20	Limited Improvement
118	3	1	3	2	2	3	1	2	3	2	3	2	1	3	2	NO	Excellent Improvement	Significant Improvement	Excellent Improvement	Moderate Improvement	12	19	23	18	Limited Improvement
119	3	1	3	2	2	3	1	2	3	2	3	2	1	3	2	NO	Excellent Improvement	Excellent Improvement	Minimal Improvement	Significant Improvement	17	22	22	20	Limited Improvement
120	3	1	3	2	2	3	1	2	3	2	3	2	1	3	2	NO	Excellent Improvement	Minimal Improvement	Excellent Improvement	Excellent Improvement	18	13	23	18	Limited 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