	Exercise											Behavior Changes				Memory Improvements									
		м	/lonth	1			N	Лonth	2			N	/lonth	3		Abusive	Anger	Sunset	self confidence	Frustration	Month 1	Month 2	Month 3	Average	Result
									-								Aliger	syndrome	sen connaence	Trustration	Nonen 1	Month 2	Month 3	Average	
Code	W1	<u>N1 W2 W3 W4 AVE W1 W2 W3 W4 AVE </u>				W1 W2 W3 W4 AVE				AVE															
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81	5	4	3	2	4	2	4	4	5	4	4	5	2	3	4	YES	Moderate	Minimal	Moderate	Minimal	20	17	17	18	Limited Improvement
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82	4	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Improvement	Improvement	Improvement	Improvement	17	23	19	20	Limited Improvement
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83	3	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Improvement	Improvement	Improvement	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	Significant	Moderate	Significant	16	18	23	19	Limited Improvement
04	2	4	5	2	3	2	Ŧ	4	5	4	4	5	2	5	-	TES	Improvement	Improvement	Improvement	Improvement	10	10	25	15	Linited improvement
85	1	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate	Excellent	Moderate	Excellent	20	14	16	17	Limited Improvement
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86	2	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Moderate	Minimal	Minimal	Minimal	17	19	20	19	Limited Improvement
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87	3	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Improvement	Improvement	Improvement	Improvement	18	23	25	22	Moderate Improvement
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88	4	4	3	2	3	2	4	4	5	4	4	5	2	3	4	YES	Improvement	Improvement	Improvement	Improvement	23	15	19	19	Limited Improvement
00	4	4	2	2	3	2	2		2	2	4	5	2	2	4	NO	Moderate	Significant	Significant	Significant	22	10	24	22	
89	4	4	3	2	3	3	2	1	3	2	4	5	2	3	4	NO	Improvement	Improvement	Improvement	Improvement	22	19 19	16	22	Moderate Improvement
90	5	4	3	2	4	3	2	1	3	2	1	2	4	5	3	NO	Moderate	Excellent	Excellent	Minimal	16			17	Limited Improvement
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91	2	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate	Moderate	Significant	Minimal	13	20	20	18	Limited Improvement
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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
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93	2	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Improvement	Improvement	Improvement	Improvement	22	18	18	19	Limited Improvement
	2	2		-	-	3			3	2	1	2		-	-	NO	Moderate	Moderate	Moderate	Significant	22	12	22	20	Limited Improvement
94	3	3	1	5	3	3	2	1		Ĺ		2	4	5	3	NO	Improvement	Improvement	Improvement	Improvement	23	13	23	20	
95	4	3	1	5	3	3	2	1	3	2	1	2	4	5	3	NO	Moderate	Moderate	Moderate	Excellent	20	13	21	18	Limited Improvement
55	-	5	-	5		3	-	-	5	-	-	-	-	Ĵ	<u> </u>	110	Improvement	Improvement	Improvement	Improvement	20			<u> </u>	
96	5	3	1	5	4	2	5	3	2	3	1	2	4	5	3 NO	NO	Moderate	Significant	Moderate	Moderate	17	14	25	19	Limited Improvement
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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
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98	3	3	1	5	3	2	5	3	2	3	1	2	4	5	3	NO	Improvement	Improvement	Improvement	Improvement	23	12	25	20	Limited Improvement
00	2	2	1	-	2	2	-	2	2	2	2	1	2	4	-	VES	Moderate	Minimal	Minimal	Significant	15	17	20	17	Limited Improvement
99	2	3	1	5	3	2	5	3	2	3	3	1	2	4	3	YES	Improvement	Improvement	Improvement	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	Limited	Excellent	Excellent	14	20	21	18	Limited Improvement
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101	1	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate	Moderate	Minimal	Minimal	12	21	16	16	Limited Improvement
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102	2	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Moderate Improvement	Significant Improvement	Significant	Excellent Improvement	21	16	25	21	Moderate Improvement
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103	4	4	2	3	3	2	5	3	2	3	3	1	2	4	3	NO	Improvement	Improvement	Improvement	Improvement	21	21	20	21	Moderate Improvement
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104	3	4	2	3	3	1	2	4	5	3	3	1	2	4	3	NO	Improvement	Improvement	Improvement	Improvement	17	13	19	16	Limited Improvement

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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