

Z-SCORE TRAINING DATA SHEET

NAME Date: Day..... Time.....
 Training Sites: A1 () A2 () A3 () A4 () Session #.....

RUN (in min)	SD		VAL A White line	VAL B Green line	Reward% Red line	Remarks
	+	-				
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Val A represents % of z scores that are being trained at any one time.
 Val B represents % of z scores that have to be between the +- SD in order to get a reward.
 Red line represents % of reward the client is receiving as he/she interacts with the training.

Training Sites								
SD > 1.0			SD > 2.0			SD >3.0		
SD > 1.5			SD > 2.5			SD>3.5		

Comments:

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