



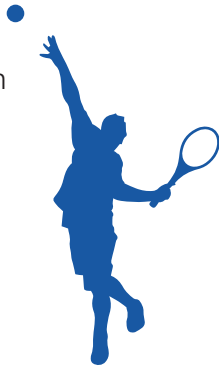
The Fit to Study project is investigating the impact of PE on thinking skills.

COMPUTER CHALLENGES

Like last year you will do some computer challenges that include attention and memory games. These challenges should be done on a computer in a quiet room so that you can concentrate and do your best. Do not worry if you find it hard – not all of the challenges are easy – but your performance is important to the scientists, so please concentrate and do as well as you can.

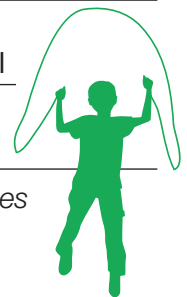
There are five challenges, and each challenge takes up to 10 minutes to complete. Please try to complete the challenges all in one go, however, you can stop after completing a challenge, and return later to start from where you left off.

Please note that you should avoid stopping during a challenge as the data will only be saved when a challenge is completed; if you stop during a challenge, you will have to start that challenge again.



TO COMPLETE THE CHALLENGE:

1. Make sure you are in a quiet room with no distractions (phone off, TV off etc.)
2. Turn on an internet-connected PC or Mac, desktop or laptop (it will not work on a tablet or phone)
3. Plug in headphones (if you have them). Check they are working and that the volume is turned up high
4. Open an internet browser (e.g. Google Chrome, Safari, Firefox, Internet Explorer)
5. Type in the following URL:
tinyurl.com/megt xm8
6. Enter your 8-digit ID-number as displayed (in bold) on your sticky label
7. Confirm your ID-number and enter your date of birth
8. Complete the challenges (*the challenges can take a couple of seconds to load, so please be patient and do not press any buttons while waiting*)
9. If anything goes wrong you can check our website for help: www.fit-to-study.org/cognitive-challenge-troubleshooting



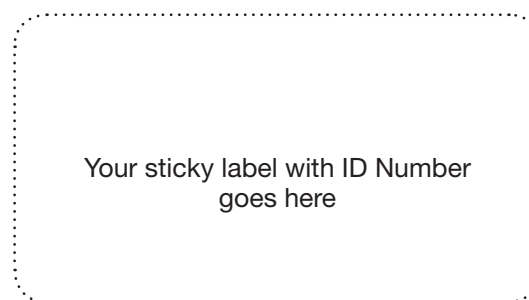
BEFORE YOU START YOU WILL NEED:

- ✓ **Computer** (if you don't have one at home, please ask to use one at school)
- ✓ **Ruler** (not essential)
- ✓ **Headphones** (not essential if at home in a quiet room)
- 🕒 **Check the time.** The challenges will take up to 50 minutes and can either be done all in one go or you can stop after completing a task, and return later to start from where you left off.



WIN A £10 GIFT CARD!

If you complete all the challenges, then you can enter a prize draw!



Your sticky label with ID Number goes here



You are done! Thank you very much.

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