

SMARTfit App. Gamified Categories

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1. Rallywall

Cognitive Level: Low

Game Rules:

- All targets start with lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When a lighted active target is hit, the targets are activated, and a positive tone is heard.
- When time expires, the pods will light up with exploding targets, flashing lights, and score will display on the CPU.
- Each good hit earns 5 points.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Rallywall Zones

- Penalty

2. Track

Track the Targets

Cognitive Level: Low

Game Rules:

- Strike the "GO" target to begin the game, then track a single active target, while all other targets remain off.
- The user will choose the image the target will display. These images include emoticon, dice, or shape.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track the Targets

- Target Object: emoticons, dice, shapes
- Penalty

Track the Color

Cognitive Level: Low

Game Rules:

- Strike the “Go” target to begin the game, then track one target at a time; all other targets are off.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track the Colors

- Penalty

Track Numbers - Multiplication

Cognitive Level: Low

Game Rules:

- Strike the first number to begin the game, then track the one active target they count in sequential numbers starting at "0" and multiplying a selected number 1 – 12 by the multiplication tables x1-x12. All other targets are off. System turns on any 1 target at a time while multiplying a chosen number through the multiplication tables with each successful strike.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume

- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track Numbers - Multiplication

- Multiple
- Penalty
- Random Start

Track Numbers - Addition

Cognitive Level: Medium

Game Rules:

- Strike the first number to begin the game, then track a single active target as each target counts in sequential numbers.
- The user will choose the number "0" or a random starting point 0-12.
- The user must choose a number 1 – 12 to count up by after each strike.
- Once the player reaches the chosen max value of 19-99, then the user will subtract the number increment from the max value. Continue until time runs out.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track Numbers - Addition

- Random Start
- Increment
- Max Value
- Penalty

Track the Letter

Cognitive Level: Medium

Game Rules:

- Strike the first letter to begin the game, then the player will track a single active target. Each target will display a letter, in order from “A” to “Z.” Player must hit the lit target for the next letter to appear.
- Count increases by a letter of the alphabet with each successful strike.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.
- Once the player reaches Z, they are to play backwards to A and then back to Z until time runs out.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track the Letter

- Penalty
- Random Start

Track Left, Right, Both

Cognitive Level: High

Game Rules:

- Strike the “GO” target to begin the game. The goal is to strike a specific letter-illuminated target as quickly as possible. Each single active target will either display an R (right), L (left) or B (both).
- The player can be instructed to strike every “R” with their right hand, every “L” with their left hand, and every “B” with both hands.
- During random play, the R, L, and B letters will appear at random.
- When the random feature is turned off, all target on the left side of the system will display an R, all targets on the right side of system will display an L, and targets in the middle of the system will display B.
- The player needs to respond with the hand or foot called for whether it is with touch or a piece of equipment being used.
- Score earned for each hit decreases with each color change. The color change speed is set under the level option. Level 1 is a 5 second color change, level 2 is 3 seconds, level 3 is 1.5 seconds, level 4 is 1 second, and level 5 is a 0.5 seconds color change.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Track Left, Right, Both

- Random
- Penalty

3. Seek

Seek Numbers - Multiplication

Cognitive Level: High

Game Rules:

- Strike the first number to begin the game, then seek the correct target counting in sequential numbers starting at "0" and multiply a chosen number 1 – 12 by the multiplication tables x1-x12. All other targets will display possible answers, but there will only be one correct answer.
- Once the player reaches the end number, the system will continue multiplying the selected number backwards to the original starting point, 0.
- The system randomizes the sets of numbers on each target after every successful strike.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Seek Numbers - Multiplication

- Multiple
- Penalty
- Random Start

Seek Numbers - Addition

Cognitive Level: High

Game Rules:

- Strike the first number to begin the game, then seek the correct target counting in sequential numbers starting at a fixed starting point "0" or a random starting point 0-12. The user will add by a selected number increment 1 – 12. One target will display the correct number, while all remaining targets will display an incorrect number.
- The system randomizes the sets of number on each target after every successful strike for points.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.
- Once the player reaches the chosen max value of 10, 25, 40, 50, or 99, then the user will subtract the number increment, or the remainder, from their chosen max value. Continue until time runs out.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Seek Numbers- Addition

- Random Start
- Increment
- Max Value
- Penalty

Seek the Letter

Cognitive Level: High

Game Rules:

- Strike the first letter to begin the game, then strike out the targets in sequential alphabetical order. All other targets will display a random letter. The user must strike the next letter of the alphabet after every strike.
- When the correct letter is struck, all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.
- Allow more time for advanced players so they can play the alphabet backwards after completing it forwards.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Seek the Letter

- Penalty
- Random Start

Seek the Color**Cognitive Level:** High**Game Rules:**

- The game starts with one target displaying a “GO” image in a specific color. The color of the “GO” target must be struck throughout the entire game.
- Once the target is activated, each target displays random colors including the color identified at the start of the game.
- Objective is to knock out the identified colored target as many times as possible in the designated time.
- After a correct strike, all targets will immediately refresh with new colors and the player must seek out the identified color.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Seek the Color

- Penalty

Seek the Smiley

Cognitive Level: High

Game Rules:

- Strike the “GO” target to begin the game, then each target will display different Emoticons including one Smiley face.
- Objective is to knock out the identified Smiley face target as many times as possible.
- After a correct hit, all targets will immediately refresh with new Emoticons and the player must seek out the Smiley face.
- If the single-color option is turned on, then all targets will illuminate each emoticon with the same color.
- If the single-color feature is turned off, then all targets will illuminate each emoticon with different colors after each strike.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Seek the Smiley

- Single Color
- Penalty

4. Chase

Chase the Color

Cognitive Level: Medium

Game Rules:

- Strike the “GO” target to begin the game, then strike the single active target as it moves; all remaining targets will be tuned off.
- Set the interval, in seconds, to speed up the user’s reaction time. The interval can be set from 0.3 seconds to 10 seconds. The user can also adjust the interval to the nearest hundredths of a second.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Chase the Color

- Interval (in seconds)
- Penalty

Chase the Target

Cognitive Level: Medium

Game Rules:

- Strike the “GO” target to begin the game, then strike the single active target as it moves; all remaining targets will be tuned off.
- Set the interval, in seconds, to speed up the user’s reaction time. The interval can be set from 0.3 seconds to 10 seconds. The user can also adjust the interval to the nearest hundredths of a second.
- Set the target the player must strike and avoid. The hit color, hit object, avoid color, and avoid target can be changed to increase or decrease the difficulty of the user’s reaction time.
- Set the chance the avoid target will appear every time a new target is displayed. A higher percentage will increase the occurrence of the avoid target, while a lower percentage will decrease the occurrence of the avoid target.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Chase the Target

- Interval (in seconds)
- Hit Color
- Hit Target
- Avoid Color
- Avoid Target
- Chance of Avoid Target
- Penalty

5. Metronome

Metronome – Tap Any

Cognitive Level: Medium

Game Rules:

- Strike the “GO” target to begin the game, a tone will be played from the Controller at time set by the trainer. The player’s tap must synchronize with the pace of the tone. The player can tap any target so core points.
- The player scores 5 points if the target displays a green color, 3 points for yellow, 1 point for red, and 0 points for blue.
- Set the pace of the tone between 0.5 seconds and 3 seconds. The user can also adjust the pace to the nearest hundredths of a second to increase or decrease the difficulty.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Metronome – Tap Any

- Pace (in seconds)

Metronome - Seek

Cognitive Level: Medium

Game Rules:

- Strike the “GO” target to begin the game, a tone will be played from the Controller at time set by the trainer. The player’s tap must synchronize with the pace of the tone. The player must strike the correct letter, number, or smiley face.
- The player scores 5 points if the target displays a green color, 3 points for yellow, 1 point for red, and 0 points for blue.
- Set the pace of the tone between 0.5 seconds and 3 seconds. The user can also adjust the pace to the nearest hundredths of a second to increase or decrease the difficulty.
- The target object can be set to increase the difficulty of the user’s reaction time.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Metronome – Seek

- Target Object
- Pace (in seconds)

6. Pattern Recognition

Pattern Recognition

Cognitive Level: Medium

Game Rules:

- Strike the “GO” target to begin the game, all targets will turn on with a different symbol set by the trainer. Only two targets will be a match. The player must strike both matching targets to score points. The system will reset all targets with new symbols after each turn.
- The symbol object and color can be set to increase the difficulty of the user’s reaction time.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pattern Recognition

- Symbol Type
- Color

7. Knock the Lights Out

Knock the Lights Out - Race

Cognitive Level: Low

Game Rules:

- Station begins with all targets turned on.
- Objective: Race to see how quickly all targets can be struck out.
- The CPU counts the seconds until the last target is out.

- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Once all active targets are struck out, the game will end, and the system will light up in celebration, with exploding targets flashing up and down the pods, and score displayed on the CPU.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Knock the Lights Out – Keep 3 On

Cognitive Level: Low

Game Rules:

- All targets begin turned on.
- Objective is to knock out all targets. When a lit target is hit, the LEDs turn off.
- All targets will turn off until the last 3, for all subsequent shots the system will turn on another target to keep the game going.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- When time expires, the score will display to track results.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

8. Memory

Pairing - Colors

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different color, but the displays turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same color.
- After a pair is found, the system will refresh each target with a new color. A successful sound is heard, and another pair must be found.
- If an incorrect pair is selected, an "uh ooooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new colors after a successful pair is found and struck in sequential order.

- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - Colors

- Penalty

Pairing - Numbers

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different number, but the display is turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same number.
- After a pair is found, the system will refresh each target with a new number. A successful sound is heard, and another pair must be found.
- If an incorrect pair is selected, an "uh ooooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new numbers after a successful pair is found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - Numbers

- Penalty

Pairing - Letters

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different letter, but the display is turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same letter.
- After a pair is found, the system will refresh each target with a new letter. A successful sound is heard, and another pair must be found.
- If an incorrect pair is selected, an "uh ooooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new letters after a successful pair is found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - ABC

- Penalty

Pairing - Shapes

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different shape, but the display is turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same shape.
- After a pair is found, the system will refresh each target with a new shape. A successful sound is heard, and another pair must be found.

- If an incorrect pair is selected, an "uh oooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new shapes after a successful pair is found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - Shapes

- Penalty

Pairing - Dice

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different dice, but the display is turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same dice.
- After a pair is found, the system will refresh each target with a new dice. A successful sound is heard, and another pair must be found.
- If an incorrect pair is selected, an "uh oooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new dice after a successful pair is found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume

- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - Dice

- Penalty

Pairing - Symbols

Cognitive Level: High

Game Rules:

- Strike any target to begin the game. Each target is loaded with a different symbol, but the display is turned off until struck by the player.
- Objective is to only knock out the targets that are a pair, in sequential order, to earn 100 points.
- Only two targets will have the same symbol.
- After a pair is found, the system will refresh each target with a new symbol. A successful sound is heard, and another pair must be found.
- If an incorrect pair is selected, an "uh oooh" sound is heard and a point is deducted. Negative scores are possible.
- The target will only reset to new symbols after a successful pair is found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Game ends when time runs out.
- Score reflects the number of pairs found minus the points taken for mistakes.

Standard Settings:

- Time: seconds
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Pairing - Symbols

- Penalty

Memory Pairs - Colors

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different color but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.

- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - Colors

- Penalty

Memory Pairs - Numbers

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different number 1-19 but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.
- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - Numbers

- Penalty

Memory Pairs - ABC

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different letter but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.
- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - ABC

- Penalty

Memory Pairs - Shapes

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different shape but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.
- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume

- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - Shapes

- Penalty

Memory Pairs - Dice

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different numbered dice but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.
- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - Dice

- Penalty

Memory Pairs - Symbols

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different symbol but turned off.
- There are enough pairs for an even number of targets and one odd target would have no match.
- Objective is to only knock out the targets that are a paired as quickly as possible.
- When all the pairs are found, the game ends, and a time is displayed as your score.
- If an incorrect pair is selected, "uh ooooh" is heard.
- Game ends when all pairs are found and struck in sequential order.

- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect pair of targets will remain on before turning off. Level 1 will leave the incorrect pair of targets on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects how fast the pairs of colors were found.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Pairs - Symbols

- Penalty

Memory Sequence - Letters

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different set of sequential letters; all target displays are turned off.
- Objective is to turn on each target, by striking the target, to find their sequence.
- Hit any target to start the game. The first target struck will remain on for the duration of the game, while revealing a random letter to start the sequence.
- The player will seek the next sequential letter by striking another target.
- If wrong, the system turns on, then turns off the target. The player must remember what letter is on the target because the player will need to know it as the game progresses.
- If a target is struck and hold the next sequential letter, then that target will remain on for the duration of the game.
- Repeat until all targets are turned on with the correct sequence of letters.
- Game ends when all the sequential letters have been found.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect target will remain on before turning off. Level 1 will leave the incorrect target on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects the time taken to find the sequence of letters.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Sequence - Letters

- Penalty

Memory Sequence - Numbers

Cognitive Level: High

Game Rules:

- The game starts with all targets loaded with a different set of sequential numbers; all target displays are turned off.
- Objective is to turn on each target, by striking the target, to find their sequence.
- Hit any target to start the game. The first target struck will remain on for the duration of the game, while revealing a random number to start the sequence.
- The player will seek the next sequential number by striking another target.
- If wrong, the system turns on, then turns off the target. The player must remember what number is on the target because the player will need to know it as the game progresses.
- If a target is struck and hold the next sequential number, then that target will remain on for the duration of the game.
- Repeat until all targets are turned on with the correct sequence of numbers.
- Game ends when all the sequential numbers have been found.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time each incorrect target will remain on before turning off. Level 1 will leave the incorrect target on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects the time taken to find the sequence of numbers.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only

Specialty Settings: Memory Sequence - Numbers

- Max Value
- Penalty

9. Equations

Equations - Addition

Cognitive Level: High

Game Rules:

- Strike the center target displaying an addition symbol to start the game.
- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations - Addition

- Max Value

Equations - Subtraction

Cognitive Level: High

Game Rules:

- Strike the center target displaying a subtraction symbol to start the game.
- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest

- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations - Subtraction

- Max Value

Equations - Multiplication

Cognitive Level: High

Game Rules:

- Strike the center target displaying a multiplication symbol to start the game.
- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations - Multiplication

- Max Value

Equations - Division

Cognitive Level: High

Game Rules:

- Strike the center target displaying a division symbol to start the game.
- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.

- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations - Division

- Max Value

Equations – Square Roots

Cognitive Level: High

Game Rules:

- Strike the center target displaying a square root symbol to start the game.
- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations – Square Roots

- Max Value

Equations - Squares

Cognitive Level: High

Game Rules:

- Strike the center target displaying a square symbol to start the game.

- All targets will display a potential answer, but only one number will answer the equation displayed on the center target.
- After a correct hit, all targets will immediately refresh with a new equation, in the center target, and new potential answers.
- 5 Points are awarded for each correct hit.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Play until time runs out, then check your score, accuracy, and reaction time under the data tab.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection: All, Upper 3 rows, lower 4 rows, lower 2 rows, top row, bottom row, middle 3 rows, center only
- Sequence: Random, fixed sequence

Specialty Settings: Equations - Squares

- Max Value

10. Tic Tac Toe (Mini Only)

Cognitive Level: High

Game Rules:

- The objective of Tic-Tac-Toe is to get three targets in a row.
- All 9 target will represent a 3 x 3 game board.
- The first player will represent an “x” by striking any one of the nine targets. The second player will represent an “o.”
- Players alternate after every turn until a player has reached three in a row or all nine targets are filled.
- The game will reset, and the players will continue to play with a new board.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds

11. Spelling

Cognitive Level: High

Game Rules:

- The objective of Spelling is to spell every word correctly in the word list as quickly and accurately as possible.
- Begin the game by tapping the center target. The first word in the word list will scroll across the center target. Spell out this word, letter by letter, in the correct order. Once complete, the player will repeat until all words have been spelled correctly.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- The level option will speed up the time the word will remain scrolling before turning off. Level 1 will leave the incorrect target on for 3 seconds, level 2 is 2 seconds, level 3 is 1 second, level 4 is 0.75 seconds, and level 5 is 0.5 seconds.
- Score reflects the time taken to find the sequence of numbers.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Level
- Selection
- Sequence

Specialty Settings: Spelling

- Word List: SMARTfit Fitness List, SMARTfit Animals List, SMARTfit Colors List, SMARTfit School List
- Shuffle Words

12. Time

Time – Timer

Cognitive Level: High

Game Rules:

- Begin the game by tapping the center target. The center target will display a green mark that the player must tap. The game ends when the timer runs out.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Score reflects the number of strikes made on the green mark.

Standard Settings:

- Time
- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection

Specialty Settings: Timer

Time – Stopwatch

Cognitive Level: High

Game Rules:

- Begin the game by tapping the center target. The center target will display the word “stop.” The game ends when the player strikes the center target.
- Adjust the sensitivity to meet the force of the user. For example, low sensitivity is used for a heavy strike from a medicine ball or boxing gloves. High sensitivity is used for a light strike from a hand or noodle.
- Score reflects the time taken to strike the stop target.

Standard Settings:

- Volume
- Sensitivity: Highest, High, medium, low, lowest
- Hit Delay: milliseconds, seconds
- Selection

Specialty Settings: Stopwatch