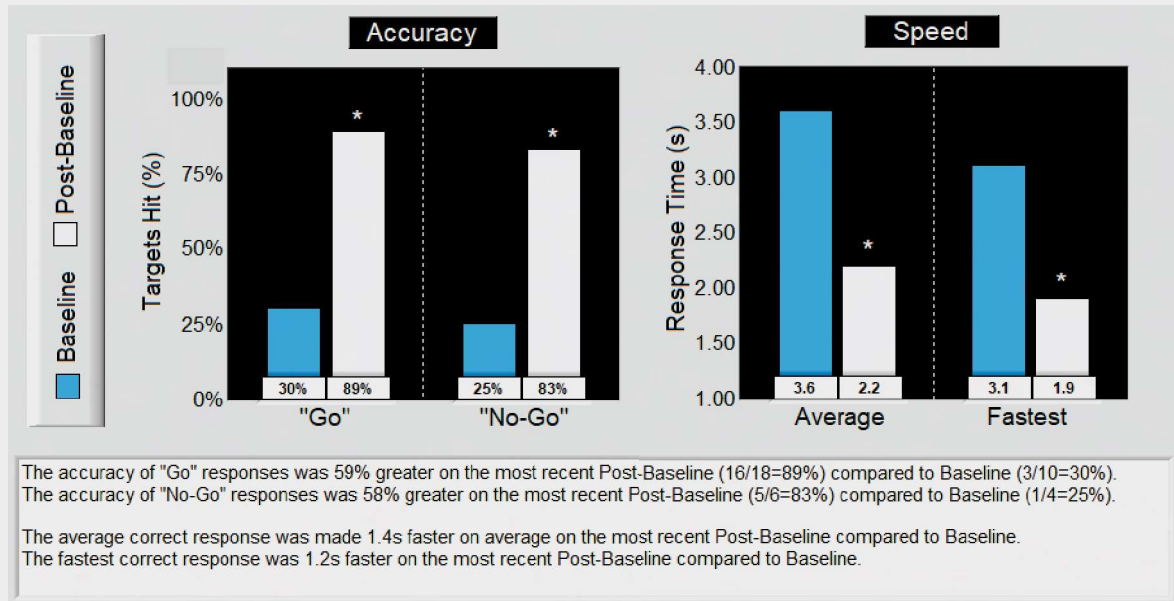Cognitive Motor training is a protocol that combines multiple elements of executive function (working memory, attention, impulse control) with precise changes in Center of Pressure (COP) location. Using onscreen biofeedback, participants memorize a target letter and then shift their COP into one of two response circles that matches the letter ("Go" response). Alternatively, if neither response circle matches the target letter the participant must refrain from moving into either circle ("No-Go" response). The accuracy (% Targets Hit) and speed (Response time in seconds) are recorded.

The accuracy of "Go" responses was 59% greater on the most recent Post-Baseline (16/18=89%) compared to Baseline (3/10=30%). The accuracy of "No-Go" responses was 58% greater on the most recent Post-Baseline (5/6=83%) compared to Baseline (1/4=25%).

The average correct response was made 1.4s faster on average on the most recent Post-Baseline compared to Baseline.
The fastest correct response was 1.2s faster on the most recent Post-Baseline compared to Baseline.

Baseline Results

DATE	DUR	GO ACC	NG ACC	AVG RT	FAST RT	NOTE
2/1/2018 3:47:02 PM	180	3/10=30%	1/4=25%	3.6	3.1	Inital Session

Post-Baseline Results

DATE	DUR	GO ACC	NG ACC	AVG RT	FAST RT	NOTE
2/8/2018 3:20:10 PM	180	4/12=33%	1/4=25%	3.3	3.0	Post 1wk training
3/2/2018 4:24:24 PM	180	6/13=46%	2/5=40%	3.1	2.8	Post 4wk training
4/1/2018 2:27:11 PM	180	7/14=50%	3/5=60%	2.9	2.5	Post 8wk training
4/28/2018 3:37:54 PM	180	9/16=56%	3/5=60%	2.7	2.3	Post 12wk training
6/2/2018 3:41:18 PM	180	14/17=82%	4/5=80%	2.4	2.1	Post 16wk training
8/1/2018 1:44:12 PM	180	16/18=89%	5/6=83%	2.2	1.9	Post 6mth training

Notes:_____

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