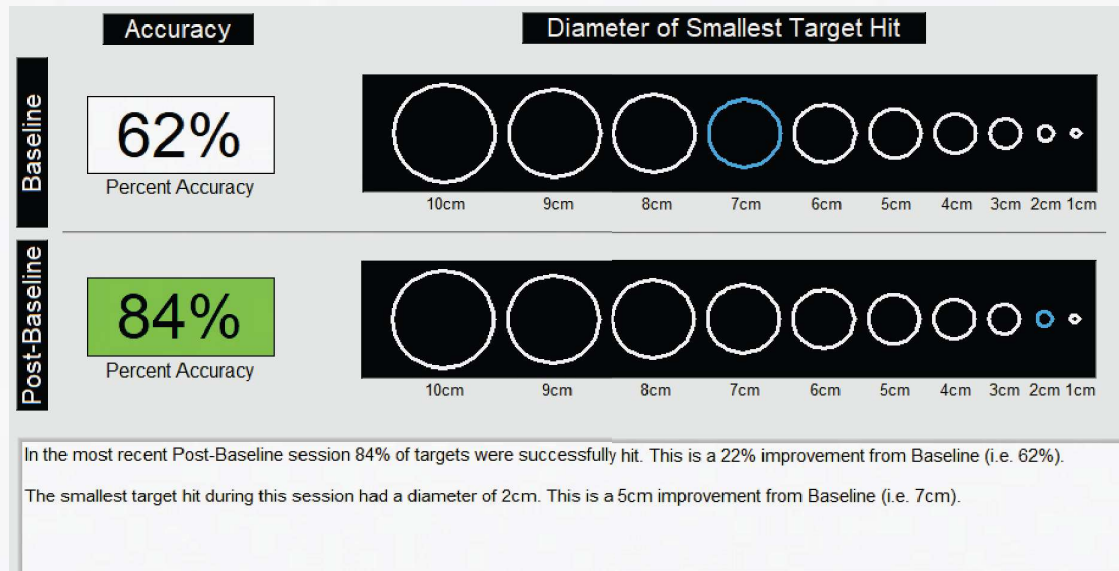


Random Targets training is a biofeedback-based application designed to improve balance-related weight shifting. Ten target sizes (i.e. 1-10cm diameter) are presented in random locations on an image of the BTrackS Balance Plate on the screen. The individual being trained must shift their Center of Pressure (COP) to move a yellow dot into the targets, and hold that location for three seconds. Targets disappear after 10 seconds if a "hit" does not occur. Target size changes based on the percentage of targets hit within a session.



**Baseline Results**

DATE	DUR	HITS/TAR	ACCURACY	SIZE	NOTE
2/1/2018 3:47:02 PM	95	8/13	62%	7cm	Initial Visit

**Post-Baseline Results**

DATE	DUR	HITS/TAR	ACCURACY	SIZE	NOTE
2/8/2018 3:20:10 PM	120	12/16	75%	6cm	Wk 1 Follow-up
3/2/2018 4:24:24 PM	180	18/22	82%	6cm	Wk 4 Follow-up
4/1/2018 2:27:11 PM	245	22/27	81%	5cm	Wk 8 Follow-up
4/28/2018 3:37:54 PM	360	26/30	86%	4cm	Wk 12 Follow-up
6/2/2018 3:41:18 PM	570	35/42	83%	3cm	Wk 16 Follow-up
8/1/2018 1:44:12 PM	600	42/50	84%	2cm	6 Month Follow-up

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Balance Tracking Systems**  
3525 Del Mar Heights Rd., Suite 990  
San Diego, CA. 92130  
Tel: 888-811-0054  
Fax: 888-811-0054  
Email: info@balancetrackingsystems.com