

Formula 1 cognitive test

Pre-test, with mental fatigue

Correct reactions in 2 minutes _____

Your time on the matrix

Speed

Scattered

Strategy

Sluggish

Where do I spend most of my workday? _____

Where do I spend the least of my workday? _____

Where should I spend more time to be more effective at work? _____

Win the game in the gap: How to regulate my nervous system

	Speed (up-regulate)	Strategy (down-regulate)
Time of day	☐ Morning	☐ Evening
Temperature	☐ Cold	☐ Warm
Light	☐ Bright light	☐ Dim light
Caffeine	☐ Coffee	☐ Chamomile
Food	☐ _____	☐ _____
My own	☐ _____	☐ _____

	Speed (up-regulate)	Strategy (down-regulate)
 My breathing practice	_____ _____	_____ _____
 My body tension practice	_____ _____	_____ _____

Retesting

Re-test, after your pit stop

Correct reactions in 2 minutes _____

Re-test at home



My actions to reduce mental fatigue

