



BRAIN WELLNESS · EXERCISES

# 30 Simple Brain Exercises

One short exercise a day for a month, or pick and mix. Recall, focus, visual memory, words and technique — under ten minutes each, pen and paper only.

30 exercises

~5–10 min each

Pen & paper

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For entertainment & general wellness — not a medical app.

by Cleanor · [everymemory.app](https://everymemory.app)

## WELCOME

# How to use these

Do one a day for a month, or open the booklet and pick whatever appeals. Variety matters more than difficulty — moving between recall, focus and visual tasks keeps things fresh. Keep it light and stop while it's still enjoyable.

1

### **One a day**

Or pick and mix — there's no wrong order. Tick each one off on the tracker.

2

### **Vary the skill**

Switch between the five groups so different abilities get a turn.

3

### **Keep it light**

These are for fun and practice. Make a hard one shorter; make an easy one bigger.

## WORKBOOK

# The exercises

### RECALL

1. Memorise a 10-word list, cover it, and rebuild it from memory.
2. Recall everything you ate yesterday, in order.
3. List 15 items from one room without looking.
4. Memorise a short shopping list and shop without the paper.
5. Recall the names of everyone you spoke to today.
6. Learn a short quote and write it out from memory tomorrow.

### FOCUS

1. Count backwards from 100 by 7s.
2. Say the months of the year in reverse.
3. Spell five long words backwards.
4. Watch a clock's second hand for one full minute without your mind wandering.
5. Read a paragraph and count how many times the letter "e" appears.
6. Do one task for ten minutes with no phone in the room.

### VISUAL MEMORY

1. Place six objects on a tray, study for 20 seconds, cover, and name them.
2. Look at a photo for 30 seconds, then list ten details from memory.
3. Picture your kitchen and draw its layout from memory.
4. Memorise a short route, then describe every turn.
5. Study a playing-card hand, cover it, and recall each card.
6. Recall the colour of the front doors on your street.

### WORDS & LANGUAGE

1. Name ten animals in 30 seconds, then ten countries.
2. Think of a word for every letter of the alphabet, A–Z.
3. Find five words that rhyme with "light".
4. Describe an everyday object in three different ways.
5. Read a sentence and rewrite it with no repeated words.

6. List as many words as you can starting with "tr".

### **TECHNIQUE**

1. Chunk a phone number into small, meaningful groups and recite it.
2. Link five errands into one vivid, silly story to remember them.
3. Build a tiny "memory palace": place 5 items around your living room.
4. Turn a PIN into a picture and recall it tomorrow.
5. Use first-letter cues (an acronym) to remember a short list.
6. Teach today's exercise to someone else from memory.

WORKBOOK

# Your 30-day tracker

Fill a circle for each exercise you complete.

M	T	W	T	F	S	S
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>					



### Beat your own score

Note your result where it makes sense (words recalled, time focused).  
Watching your own number climb is the most motivating part.



# A fresh brain workout every day

EveryMemory turns exercises like these into quick daily games that adapt to you — about ten minutes a day, with your progress tracked.

**Start training →**

[everymemory.app](https://everymemory.app)



**EveryMemory**

Created by EveryMemory — daily brain-game habits by Cleanor. Free guides & workbooks to help you stay mentally active, just for fun.

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This is a general wellness resource for practising recall and focus. It is not a medical treatment and does not diagnose, prevent, or cure any condition. If you notice sudden or serious memory changes, speak with a qualified healthcare professional. EveryMemory is not a medical device and does not provide diagnosis or treatment. Non-medical use only.