



EveryMemory

FREE GUIDE & WORKBOOK

BRAIN WELLNESS · DAILY ROUTINE

# The 7-Day Memory Routine

One short exercise a day to start a memory-training habit. Under 10 minutes daily — pen and paper only, no experience needed.

7 days · ~10 min a day

Pen & paper

Beginner friendly

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For entertainment & general wellness — not a medical app.

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

## WELCOME

# How to use this plan

Do one day's focus each day, whenever it suits you. If a day feels too easy, add a little challenge; if it feels hard, make it shorter. Missed a day? Just continue the next day — don't try to catch up. The goal of week one is consistency, not perfection.

1

### One focus a day

Each day has a single short exercise. Pick a time that fits your routine.

2

### Adjust the level

Too easy? Add a challenge. Too hard? Make it shorter. Either is progress.

3

### Keep going

Track each day below. Miss one? Simply continue the next day.



### A simple way to remember

Attach each day's exercise to something you already do daily, like your morning coffee. That existing habit becomes your reminder.

## CONTENTS

# Your week at a glance

Tap any day to jump straight to it.

**01 Recall** — the 10-word list ..... Day 1

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## 1 Recall: the 10-word list

Strengthen recall by memorising, covering, and rebuilding a short list.

Write ten everyday words, study them for one minute, cover the list, and write down all you remember. Check what you got, then repeat. Watching your score climb across attempts is the whole point.



### RECALL

#### Memorise, cover, rebuild

- 1 Write ten everyday words — for example: apple, river, candle, ticket, garden, pencil, mirror, biscuit, engine, blanket.
- 2 Study the list for one minute, then cover it completely.
- 3 Write down every word you remember, in any order.
- 4 Uncheck and count your score, then repeat twice and watch it climb.



#### Make it your own

Use words from a room you can picture, or items on your shopping list. Familiar, vivid words are easier to hold.

## 2 Names and faces

Link a name to one distinctive feature to make it stick.



### NAMES

#### Five names, five faces

- 1 Take five photos of people whose names you know.
- 2 For each, say the name and pick one distinctive feature.
- 3 Build a vivid image linking the feature to the name.
- 4 Shuffle the photos, test yourself, and repeat any you miss.

## 3 Focus

Train steady attention with a simple counting drill.



### FOCUS

#### Count back from 100 by 7s

Count backward from 100 by 7s — 100, 93, 86, and so on. Each time your mind wanders, gently notice it and return to the count. That noticing-and-returning *is* the exercise. Use 3s if 7s feel hard.

**5**min

#### Little and often

A few focused minutes a day is enough to build the habit. There's no need to push for longer — short and regular wins.

## 4 Visual memory

The classic tray game — study, cover, recall.



VISUAL

### The tray game

- 1 Place six small objects on a tray.
- 2 Study them for 20 seconds, then cover the tray.
- 3 Name all six from memory.
- 4 Add one more object each time it gets easy.

## WORKSHEET

### Log your tray rounds

Round	Objects	Recalled	Notes
1	6		
2	7		
3	8		

## 5 Technique: chunking

Group information so you can hold far more at once.

Take a long number — a phone or card number — and break it into small, meaningful groups. Look for patterns, dates, or repeats. Grouping lets you hold far more at once.

- Break **5551234** into **555 · 12 · 34**.
- Spot a birthday, an age, or a repeated pair inside the digits.

- Say the groups aloud in a rhythm to lock them in.



**Grouping a long number into small, meaningful pieces lets you hold far more at once.**

The chunking principle

## 6 Review

Revisiting is how a new skill settles in.

Repeat whichever exercise you enjoyed most this week and try to beat your earlier score. Revisiting is how skills consolidate — so pick the drill that felt good and go one step further.

## 7 Reflect and rest

No drill today — a small reflection turns seven days into a habit.

Spend two minutes noting what felt easier across the week and which exercise you'd happily keep. That small reflection turns seven days into a habit.

### CHECKLIST

#### Your daily habits

I did today's short exercise ~10 min

I noted my score or what I remembered optional

I attached the exercise to a daily habit e.g. coffee



I kept it light and stopped while it was fun

no pressure

WORKBOOK

# Weekly tracker

Fill a circle for each day you practise. Aim for steady, not perfect.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not yet     Practised

LOOKING FURTHER AHEAD

## Monthly view

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"/>

## WHAT COMES NEXT

# Keep the habit going

- Repeat the week with slightly harder versions of each drill, or
- Settle into one short daily routine you enjoy, or
- Fold the drills into the 10-minute memory workout on the EveryMemory blog.



## Continue your memory training with EveryMemory

Quick daily memory games, about 10 minutes a day — a fresh workout each morning to keep your mind active and track your progress.

**Start training →**

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



**EveryMemory**

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

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

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 plan is a general wellness routine for practising recall and focus. It is not a medical treatment and does not diagnose, prevent, or cure any condition. If you have 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.