



TESTS & TRACKING · NON-MEDICAL

The Monthly Memory Check-In

Ten minutes, once a month, to notice your own memory and focus over time. This is a self-relative awareness tool — not a test and not a diagnosis.

Once a month

~10 minutes

Non-medical

For entertainment & general wellness — not a medical app.

by Cleanor · everymemory.app

WELCOME

How this works

This check-in compares you only to **your own past self** — never to anyone else, and never as a medical score. Do it the same day each month (say, the 1st). What matters is the *trend across months*, not a single entry.

1

Same day monthly

Anchor it to a date you'll remember — the 1st, or your bill day.

2

Answer honestly

A quick, honest impression is all you need. There are no right answers.

3

Watch the trend

Months naturally vary. A steady drift in one direction is the meaningful signal.

EACH MONTH

Five things to notice

1. **Everyday recall** — names, words, where you put things: easier, the same, or harder than last month?
2. **Focus** — holding attention on a task or conversation.
3. **New information** — picking up new facts, routes, or instructions.
4. **Daily life** — has forgetfulness affected appointments, bills, or cooking?
5. **Anything new** — a change you (or others) have noticed this month.

10min

That's all it takes

A few honest minutes once a month builds a picture no single day can give you.

WORKBOOK

Your 12-month log

Rate recall and focus 1–5, and jot anything notable.

Month	Recall /5	Focus /5	Affected daily life?	Anything new
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				

IMPORTANT

When to talk to a professional

A self-check can't diagnose anything, and a steady log is reassuring for most people. Please speak with a qualified healthcare professional if you notice changes that are:

- **Sudden** or came on quickly;
- **Rapidly worsening** over weeks or months;
- **Affecting daily life or safety** — getting lost, managing money or medication;
- **Noticed by others** before you, or involving confusion about familiar people or places.



There's no downside to asking

Often a conversation brings reassurance — and earlier is always easier. Bring this log with you; concrete notes help more than “I've felt forgetful.”



Track it the easy way

EveryMemory turns this into quick monthly snapshots and daily games, charting your recall and focus over time — about ten minutes a day.

Start training →

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.