

Cognitive Assessment Guide

Track Your Brain Age and Measure
Cognitive Performance Over Time

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Disclaimer: This guide is for educational and informational purposes only. It does not constitute medical advice. Consult a healthcare professional before starting any new cognitive training program.

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1. What is Brain Age?

Brain age is an estimated cognitive age based on your performance across multiple cognitive domains. A brain age younger than your chronological age indicates above-average cognitive performance. A brain age older suggests areas for improvement.

Important: Brain age is a motivational tool, not a medical diagnosis. It provides a simplified snapshot of cognitive performance relative to population norms.

5-10 years typical brain age improvement possible with consistent training

2. The 5 Cognitive Domains

Memory (25% of Brain Score)

Working memory, short-term recall, pattern recognition, spatial memory. Tests: sequence recall, card matching, grid memory.

Speed (25% of Brain Score)

Processing speed, reaction time, rapid decision-making. Tests: rapid sorting, timed identification, quick math.

Attention (20% of Brain Score)

Sustained focus, selective attention, distraction resistance. Tests: target detection, continuous performance, visual search.

Logic (15% of Brain Score)

Pattern completion, deductive reasoning, problem solving. Tests: matrix reasoning, sequence prediction, strategy games.

Flexibility (15% of Brain Score)

Task switching, rule adaptation, creative thinking. Tests: set shifting, alternating tasks, category switching.

3. How Brain Age is Calculated

Your performance in each domain is compared against normative data from thousands of users in your age group. The algorithm weights recent performance more heavily than older results, reflecting your current cognitive state.

BrainGym AI uses adaptive testing that adjusts difficulty in real-time for accurate measurement.

4. Understanding Your Brain Score

Brain scores range from 0-100:

- 90-100: Exceptional - top 5% of your age group
- 75-89: Above Average - strong cognitive performance
- 50-74: Average - typical for your age group
- 25-49: Below Average - room for improvement
- 0-24: Needs Attention - consider professional cognitive assessment

KEY TAKEAWAY: Track your score weekly, not daily. Daily fluctuations are normal and don't indicate real change.

5. Interpreting Your Results

Look for: Your strongest domain (leverage this), your weakest domain (train this), trends over 4+ weeks (real improvement vs. normal variation).

6. Tracking Progress Over Time

Meaningful cognitive improvement takes 4-8 weeks of consistent training. Review your trends monthly.

Download BrainGym AI to get your brain age assessment: braingymai.app

7. When to Be Concerned

Brain training apps are not medical devices. Consult a healthcare professional if you experience: sudden cognitive decline, persistent memory problems affecting daily life, difficulty with familiar tasks, or confusion about time and place.

References

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Smith, A.R., et al. (2025). *Journal of Cognitive Enhancement*, 9(1), 45-78.