

# BRAINWORKS

## MEMORY TEST

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On the back of this page is a series of 18 photos showing different common items. You will have 30 seconds to look at the photos, after which time you will write down as many of the items as you can remember in the boxes provided below. (Keep your pens down until the 30 seconds is up – no cheating – and note that there is no “good” or “bad” score. This is something that can be used to measure your own memory, in the moment, and monitor it over time.)

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