

Program for: _____

Prepared by: ___ (init) on ___ / ___ / 20___ Age: ___

Starting on ___ / ___ / 20___ (parent/client to enter date)

Cycle	Week	Zone	No of weeks		Check when you have completed each session							Check wk when finished	
					S	M	T	W	T	F	S	1	2
Clinic program break - provider to specify disk >>												1	2
1	Week 1 Sensory Motor	1-3	1	2									
	Week 2 Sensory Motor	1-3	1	2									
	Week 3 Sensory Motor	1-3	1	2									
	Week 4 Sensory Motor	1-3	1	2									
	Week 5 Communication	2	1	2									
	Week 6 Communication	2	1	2									
	Week 7 Communication	2	1	2									
	Week 8 Communication	2	1	2									
	Week 9 Integration	3	1	2									
	Week 10 Integration	3	1	2									
	Week 11 Integration	3	1	2									
	Week 12 Integration	3	1	2									

2	Week 12 Integration	3	1	2									
	Week 11 Integration	3	1	2									
	Week 10 Integration	3	1	2									
	Week 9 Integration	3	1	2									
	Week 8 Communication	2	1	2									
	Week 7 Communication	2	1	2									
	Week 6 Communication	2	1	2									
	Week 5 Communication	2	1	2									
	Week 4 Sensory Motor	1-3	1	2									
	Week 3 Sensory Motor	1-3	1	2									
	Week 2 Sensory Motor	1-3	1	2									
	Week 1 Sensory Motor	1-3	1	2									

We suggest that you listen according to a regular schedule - you could start on Sunday night and change disks every Sunday night.

We recommend that you EITHER listen for 30 minutes six days a week OR 60 minutes three-five times per week
It is important to keep the momentum up. So please minimize any breaks between cycles.

You will maximize the benefits of this program if you minimize time watching TV or playing video or computer games during the program.

If you are being supervised by an iLS Practitioner, bring this completed sheet for a reassessment (including a listening re-test) when you have completed the program. Your program can be adjusted to meet your current needs and optimize your further auditory retraining.

CAUTION: Listening Programs should not be used by those with Bipolar Disorder (manic-depressive psychosis), Schizophrenia or other psychiatric conditions, nor by those with OCD or Tourette Syndrome. iLS programs are not known to improve cognitive function in Alzheimer's and dementia.