

CONCENTRATION GRIDS

Use the grid below to build your focus, concentration, and mental power. There are two ways you can perform this exercise:

EXERCISE #1: Start a timer. Mark off each square in sequential order from 00 to 99. When you have crossed out every number, you are finished. Record your time to mark your improvement.

EXERCISE #2: Start a countdown timer from 15, 30, or 60 seconds up to 2 minutes. Mark off each square in sequential order from 00 to 99 as fast as you can. When the timer goes off, you are finished. Record your time to mark your improvement.

11	84	58	83	19	33	01	73	68	48
98	60	23	26	17	66	92	62	16	39
96	02	47	77	70	21	12	30	09	75
34	53	20	57	18	64	28	52	97	89
22	88	24	27	15	00	93	99	78	36
54	69	82	06	85	72	29	14	04	07
87	71	42	67	43	94	74	55	56	44
79	76	61	41	63	95	91	03	08	25
38	50	13	05	51	37	10	35	59	81
40	65	46	49	86	80	32	31	45	90