



NeuroBeat

Title or Question:

Date:

Your Name:

01 EXPLORE

- What was the problem you were facing?
- What was the question you asked?
- What was the goal of your experiment?

I explored the following areas:

1. *e.g. Coordination & Balance*
- 2.
- 3.

The question I asked was:

e.g. Can rhythm help me with my coordination?

The goal of my experiment was:

e.g. To improve my balance and coordination

02 PLAY

- Describe what you did to answer your question
- Explain what equipment you used (acoustic or electronic drum kit, drum pad)
- How often did you play/practice, duration of sessions (e.g. 20 min sessions, three times a week)
- Duration of your experiment (e.g. 8 weeks)
- What songs you practiced to, your tempo/BPM

I used the following tools as part of my experiment

e.g. Move, Groove or Improve

Equipment & Methods

e.g. Practice pad for 90 minutes a week for 6 weeks

Music / Playlist

e.g. Artist, Track, Tempo / Groove Playlist for Focus

Lifestyle Changes

e.g. Exercise, walking, diet, smoking, alcohol, sleep or learning the drums

03 REFLECT

- Did you see the benefits you expected?
- Present the data from your experiment
- Compare your before and after scores from the assessment questionnaire
- This is where you interpret the results of your experiment
- Document the significance and the limitations of your experiment
- Make suggestions for next steps (maybe someone else will conduct their own experiment)

Benefits

Consider if the experiment helped, do you feel different or better?

Data

Compare your before and after scores from the assessment questionnaire to see improvements

Insights

Share your insights on our [Stories page](#) so that others may benefit from your experiment.