Attention at Home

Three 60-second letter sheets (Forms A, B, C) with 48 targets each, plus a weekly log.

What you need

A pen, a phone timer set to 60 seconds, a quiet table, and the same time of day each week. Print single-sided.

How to run one sheet

1. Start the timer and work row by row, left to right, like reading.
2. Draw one slash through every capital H. Skip every other letter.
3. No going back to earlier rows. If you notice a miss, let it go.
4. When the timer ends, draw a short vertical line after the last letter you checked.
5. Score it with the key on page 5: Hits = H slashed. Slips = other letters slashed. Misses = H left in rows you reached.
6. Your sheet score = Hits minus Slips. Write it in the log with the date, time and how you slept.

Keep it fair

- Use a different form each week: A, then B, then C. Same difficulty, different positions, so you cannot memorise them.
- Expect week two to rise a little. That is mostly familiarity with the task, not a new brain.
- Treat a change of under 5 points as about the same. Only a steady trend over 3 or more sheets means much.
- A bad night of sleep, coffee or a noisy room moves the score. Write them down so you can see it.

This sheet measures one thing: how many target letters you find and how many mistakes you make in 60 seconds, on paper, on that day. It is not an attention span in minutes, not an IQ, and not a test for ADHD or any condition. If focus problems worry you, talk to your clinician.

Form A

Slash every H. 60 seconds. Row by row.

Date _____ Score _____

1	W	H	W	W	V	A	H	H	W	M	K	W	F	M	K	V	N	X	W	M	N	V	K	N
2	N	W	H	H	A	V	A	F	W	H	K	W	H	X	V	K	F	E	A	V	F	N	K	K
3	N	N	A	A	N	H	X	X	X	K	A	F	E	K	H	H	N	X	K	M	A	K	N	N
4	H	A	W	V	A	M	X	X	H	X	X	A	N	F	F	N	A	M	X	K	N	M	A	W
5	E	F	X	K	K	K	H	A	N	E	E	W	H	W	M	X	M	M	F	A	A	H	M	V
6	H	K	H	N	K	K	H	V	F	A	X	F	X	W	F	V	M	K	M	A	W	V	K	H
7	H	X	W	A	N	N	M	F	E	V	M	K	E	M	W	E	V	M	N	H	H	E	F	N
8	H	W	K	F	E	M	K	K	W	V	E	N	M	E	E	K	W	K	H	N	W	N	X	X
9	H	K	K	K	F	X	E	X	H	W	W	H	K	V	V	N	F	K	W	N	A	K	W	W
10	F	H	H	V	M	E	W	W	H	E	X	F	A	X	A	A	X	A	E	A	M	M	H	E
11	H	K	W	W	F	A	H	X	H	W	E	W	E	K	N	F	N	F	E	F	N	M	X	W
12	A	M	N	K	W	K	V	E	K	A	A	W	F	M	N	W	H	N	M	H	F	E	V	V
13	M	X	A	K	X	X	M	W	W	H	H	X	V	V	E	W	E	H	K	K	A	A	X	K
14	F	N	E	V	K	N	W	E	V	X	F	W	N	A	K	X	H	M	V	E	M	H	H	H
15	W	W	K	H	W	V	V	F	V	M	V	V	V	H	F	X	A	H	M	V	V	F	W	A
16	V	N	X	N	V	N	V	X	V	K	W	K	M	H	V	H	X	X	F	A	W	W	M	E

Form B

Slash every H. 60 seconds. Row by row.

Date _____ Score _____

1	F	H	N	F	X	X	H	E	M	A	F	W	N	A	W	N	K	K	H	X	N	V	X	E
2	E	M	A	H	E	F	E	K	H	M	H	W	M	M	M	V	E	V	H	K	K	K	X	N
3	H	F	V	F	W	H	A	H	M	K	K	W	A	E	V	M	K	X	M	W	N	N	X	X
4	N	A	N	V	W	H	E	N	X	W	A	N	K	F	W	V	A	W	F	A	H	K	V	V
5	H	V	A	H	K	X	M	N	W	E	X	M	X	K	A	V	F	X	X	F	H	V	N	F
6	M	E	V	X	A	H	K	E	V	V	K	A	V	W	H	F	N	E	X	N	H	X	A	H
7	X	K	X	F	W	V	V	M	H	H	H	F	K	A	N	W	X	N	W	X	F	E	X	E
8	M	X	N	H	W	V	F	H	F	K	X	A	F	M	V	E	K	W	K	F	W	N	N	F
9	W	N	X	K	F	A	E	M	K	H	V	X	E	F	K	M	N	K	H	N	M	M	H	W
10	N	H	K	E	N	M	E	K	M	H	A	X	H	A	V	H	E	V	A	V	F	W	M	E
11	X	E	A	V	M	A	E	X	X	N	N	H	X	W	M	H	E	A	H	N	F	W	M	X
12	N	V	X	H	W	A	X	K	W	N	X	X	F	N	N	X	X	H	F	M	M	K	V	W
13	K	X	H	M	H	K	N	V	A	V	A	E	F	F	F	X	W	V	V	F	E	N	H	V
14	H	K	F	F	K	K	K	N	H	N	V	F	H	V	X	N	A	K	M	H	A	W	N	M
15	N	X	N	N	H	M	N	E	V	V	X	N	W	K	W	E	F	N	H	A	F	H	M	M
16	K	X	V	A	M	V	V	A	K	F	K	H	K	V	X	E	K	A	V	X	H	K	A	M

Form C

Slash every H. 60 seconds. Row by row.

Date _____ Score _____

1	K	V	N	E	W	V	H	W	F	X	X	W	M	N	K	X	H	V	F	H	X	E	N	V
2	X	K	N	N	H	E	H	A	H	E	E	V	M	N	N	H	F	A	V	F	N	F	F	A
3	N	W	W	K	V	H	F	A	K	W	M	E	E	N	K	M	K	H	H	A	V	F	W	N
4	F	M	A	K	M	X	V	H	N	E	F	K	N	A	M	X	W	E	K	A	K	F	H	A
5	W	W	E	V	F	N	V	A	F	N	F	V	N	F	H	A	E	H	A	H	K	E	W	K
6	H	K	F	H	N	W	M	H	E	W	K	W	M	M	E	H	M	M	A	E	K	M	K	F
7	K	E	H	N	M	E	H	V	K	V	K	F	A	X	A	N	X	W	F	M	H	N	W	V
8	M	A	W	W	W	E	A	M	K	M	N	F	W	E	M	M	H	W	N	K	H	V	M	N
9	A	F	H	V	A	H	W	F	E	X	W	W	X	H	V	K	V	A	E	W	E	V	K	V
10	W	H	X	E	F	M	W	H	A	X	W	M	F	K	X	H	N	A	K	H	F	N	N	F
11	F	X	H	N	H	M	K	X	M	E	W	A	E	W	E	V	F	A	V	W	H	E	V	E
12	X	V	V	W	V	K	M	N	M	V	M	N	A	A	H	V	K	F	M	W	W	H	N	M
13	V	E	W	H	M	K	V	H	V	H	W	M	X	X	M	K	A	A	N	K	F	E	K	A
14	E	E	W	E	M	V	M	W	K	K	H	H	K	X	F	F	H	N	E	F	W	F	X	H
15	W	W	F	F	X	K	W	M	A	W	W	H	W	H	M	W	K	N	V	F	N	E	E	H
16	N	M	X	F	N	W	X	A	V	V	H	X	E	K	X	N	K	M	H	F	A	F	F	E

Weekly log

Date	Time	Sleep	Form	Hits	Slips	Misses	Score	Notes

Answer key: H per row

Row	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Form A	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2
Form B	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2
Form C	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2

Every form has 48 H in total. Count only the rows up to your stop line.