Trail Making – Adaptation 2  
(Days of the Week)

The trail making test assesses level of attention, concentration, resistance to distraction, and cognitive flexibility (i.e., executive and frontal lobe functioning). This neuropsychological test assesses some of the most fragile cognitive abilities that older adults often lose (and can hopefully regain by having targeted stimulation).

You can use the test as an individual activity. Or, you can have participants complete the test as a pretest/posttest comparison. Be sure to document the time it took the participant to complete each trail.

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Name: Date: Time to Complete:

