

Training Record

page 1 2 3 4 5 (please mark with a cross)

Please study the general training guidelines thoroughly for official DLR training recommendations.
 Please print the training record and after every single use of a training module, mark the corresponding row and column with a cross. At the end of your complete preparation time (shortly before the assessment day) sum up the individual training runs for every training module and note the sum in the corresponding row in the last column on the right side as shown in the example row.
 Complete this form according to your own training progression and hand it to your DLR test instructor. We require this information for quality management and scientific purposes.

Check after reading: MIC-training-guide (PDF)

Training Module	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	Total sum	
<i>Example</i>	X	X	X	X	X	X	X	X	X	X	X	X	X									13
Basic Knowledge																						
ENS (English)																						
KRN (Mental Arithmetic)																						
TVT (Physics)																						
Basic Abilities																						
OWT (Perceptual Speed)																						
SKT (Concentration)																						
PPT (Spatial Orientation)																						
WFG (Spatial Orientation)																						
RMS (Running Memory Span)																						
VMC (Visual Memory)																						
Training Module	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	Total sum	

I have trained in accordance with DLR recommendations: Yes No

First day of training was: _____ Last day of training was: _____

Date

Name (in block letters)

Signature