

BRAINARK

USER HANDBOOK



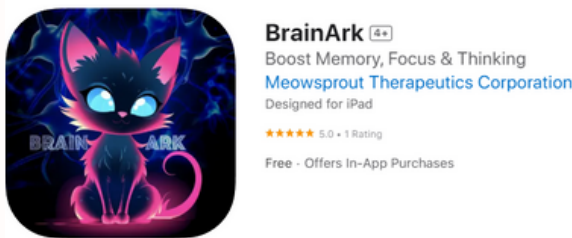
WELCOME TO BRAINARK!

YOU CAN FIND YOUR ACTIVATION CODE HERE:

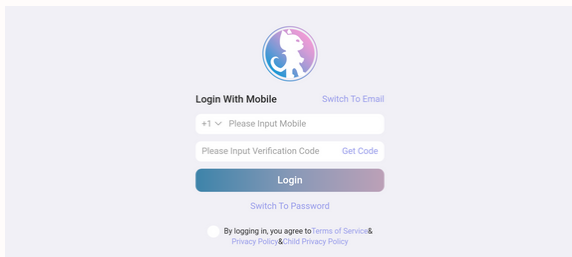


STEPS TO GET STARTED:

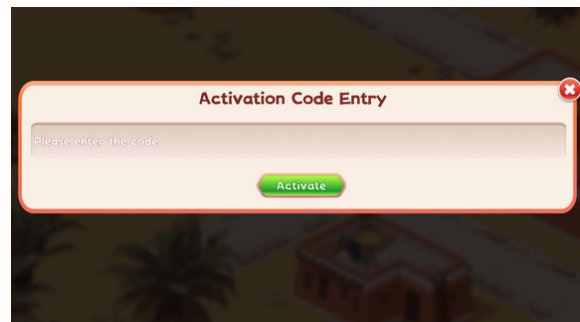
STEP 1: Search for **BrainArk** at Apple App Store or Google Play and download it for free



STEP 2: After successful installation, open BrainArk, register a new account with your phone number or email, and login into the account



STEP 3: On the pop-up window, enter or paste your **Activation Code**



STEP 4: Alternatively, you can go to **Packages** (or **Personal Center**) and tap Activation Code on the top left corner to activate your membership



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GENERAL INTRODUCTION



Welcome to BrainArk, adventurers! BrainArk is a **clinical-validated neuro-cognitive training platform** that adapt to each player's performance to make sure difficulty stays in a productive zone, particularly targeting:



Memory

Short-term memory and working memory through visual, auditory, and spatial tasks



Attention

Sustained and selective attention, including distraction control



Cognitive Flexibility

Task switching, pattern rules, and multi-step problem solving

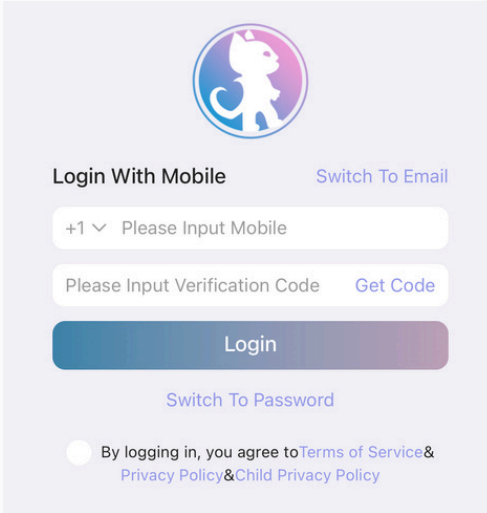
BrainArk is best optimized for ages 5–10, but **all ages** can also benefit from the variety of challenges that boost brainpowers!

QUICK START

FIRST TIME SIGN-IN

If it is your first time signing in, you'll be redirected to the MeowSprout sign-in page (as shown on the right side). Use a mobile number or email and verify by code or password. After sign-in, you're ready to begin Baseline test.

If this device is shared among several little adventurers, set up separate accounts for each child.

The image shows a login screen for MeowSprout. At the top is a circular logo with a white cat silhouette on a purple and blue gradient background. Below the logo, there are two options: "Login With Mobile" and "Switch To Email". Under "Login With Mobile", there is a dropdown menu showing "+1" and a text input field "Please Input Mobile". Below that is another text input field "Please Input Verification Code" with a "Get Code" link to its right. A large blue "Login" button is positioned below the input fields. Under the button is a link "Switch To Password". At the bottom, there is a radio button followed by the text "By logging in, you agree to Terms of Service & Privacy Policy & Child Privacy Policy".

RETURNING USERS SIGNING IN

If you have signed in before, you'll see an **Switch account** interface with recently used accounts. In this interface, you can:

- **Add a different account:** tap Log new account to sign in a new account.
- **Remove an account** from this device: tap Delete next to the account. This removes local sign-in info only.
- **Account cache retention:** inactive accounts may clear after ~30 days.



QUICK START

HOME SCREEN OVERVIEW



This is your hub for everything: training, progress, rewards, and settings. You'll find:

- **Profile** (top left avatar)
- **Levels & Experiences** (above profile avatar)
- **Daily Check-In**
- **Task** (main story quests)
- **Star Map** (chapters)
- **Packages** (Plans & Membership)
- **Scores** (Performance & Insights)
- **Training** (cognitive training games)
- Your in-game items: **Memory Energy** and **Coins**

QUICK START

HOME SCREEN - PROFILE

Upon tapping the avatar on the top left corner, you'll see your personal center. Use this to manage your account and view achievements.

- **Info:** view Player ID, age, gender, and membership.
- **Settings:** sound, account, activation code, delete account.
- **Share:** auto-generate a shareable image to save/send.
- **Latest Achievements:** latest badges earned.
- **Upcoming Achievements:** see earned and upcoming badges, track progress, and claim rewards (memory energy)
- **Change Plan:** to manage training intensity
- **My Package:** to manage your membership and family members
- **Activation Code:** an alternative way to activate your membership



QUICK START

HOME SCREEN - STAR MAP

BrainArk infuse trainings into epic adventures across **6 civilizations** for you to uncover:

- Ancient Egypt
- Ancient Greece
- Ancient China
- Industrial Revolution
- Viking Age
- Maya Civilization



How to unlock civilizations:

- After Baseline trainings (the first 9 numeric trainings), the first **four** chapters unlock by default
- **Chapter 5 – Viking Age** will unlock after finishing all tasks in chapters 1–4
- **Chapter 6- Maya Civilization** will unlock after finishing chapters 1–5 and reach average score ≥ 70

QUICK START

DAILY LOGIN BONUS

This is to enhance your in-game experience with daily rewards.

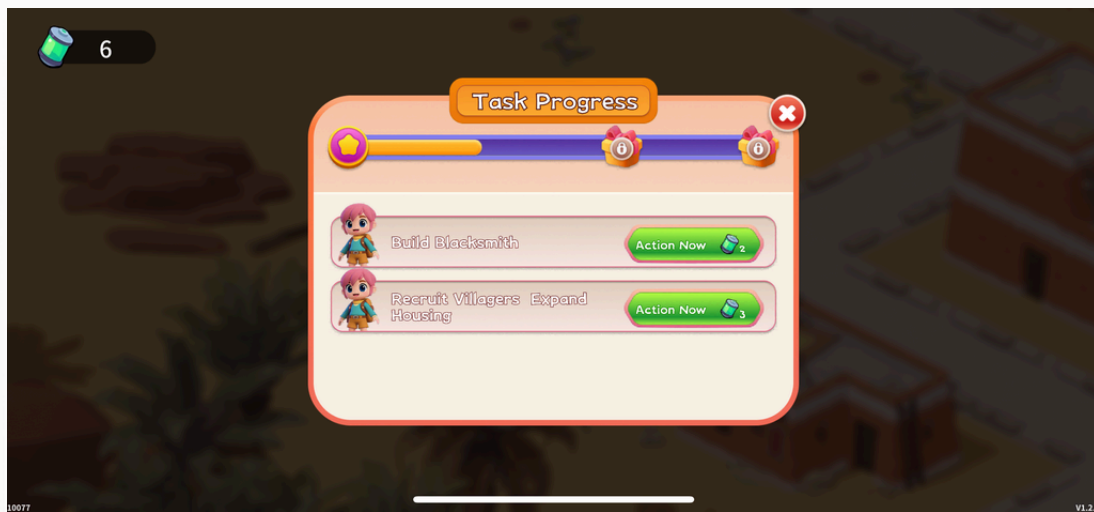
Click the **Daily Check-In** icon while logging in each day to claim in-game rewards.

When you finish a period's calendar, it resets for the next cycle.



TASK (MAIN STORY QUESTS)

Tap **Action Now** to spend Memory Energy on tasks and help progress civilization revitalization. Progress bars track completion and milestone rewards. Unclaimed day-end rewards are automatically granted.



QUICK START

PLANS & MEMBERSHIP

BrainArk offers 4 different membership plans: solo learner plan for 1 user, parent-child duo plan for 2 users, friends & family trio plan for 3 users, and ultimate family plan for 4 users. Each user will have their own story and training progressions. You can find details at **Profile** → **My Packages**



FAMILY PLANS (MULTI-CHILD)

One membership can support multiple child profiles. To set up a family:

1. Register and activate a **primary** account
2. Complete the first two guided training stages
3. Go to **Profile** → **Plans** → **Invite Family Member**
4. Share the invite **link/QR**
5. The invited **secondary** account must use a **new** email or mobile number
6. Secondary taps **Accept Invite**
7. On the primary account, tap **Approve** and **Assign Subscription**
8. Secondary signs in and creates the additional child profile

QUICK START

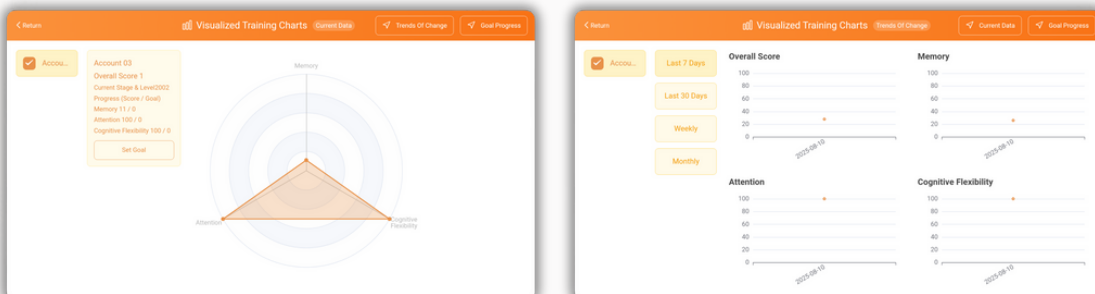
TRAINING SCORES

BrainArk provide real-time day-to-day visualization on the performances of your **Memory** (short-term and working memory), **Focus** (concentration and attention), and **Cognition** (cognitive flexibilities). Tap on the **Scores** on the home screen to access your daily performance data!



VISUALIZED INSIGHTS

Want to know more about your performance? Tap **View Visualization Chart** for trends and mode-by-mode breakdowns.



TRAINING MECHANISM

The main quest is to help all 6 civilizations to rebuild their homeland. You'll have to earn **Memory Energy** through **trainings** across civilizations, and to progress the story lines in each of the civilizations. Watch the worlds getting prosperous while your brain also getting stronger!



There are **two phases** every chapter:

1. **Baseline** (first-time only): Nine short tests estimate current level and personalize difficulty
2. **Daily Training**: It is designed to offer four timed 5-minute training modes per day:
 - a. **Memory Dash**: answer in shown order
 - b. **Backtrack Maze**: answer in reverse order (excluded in Chapter 6)
 - c. **Sync Challenge**: remember while doing a timed secondary action
 - d. **Focus Breakout**: practice ignoring visual/audio distractions



When a 5-minute block ends, you can continue to play by spending **Coins**.

TRAINING MECHANISM

CHAPTER 1: ANCIENT EGYPT

Key Learning Objectives: Strengthen sequential working memory (phonological loop, serial-order coding), executive manipulation/reversal (DLPFC), and episodic encoding/retrieval (hippocampus/MTL)

Core Challenge: memorize digits and orders

Answer: tap numbered bricks in forward or reverse order

- Example sequence: 3, 6, 8
- Forward: 3 → 6 → 8
- Reverse: 8 → 6 → 3



TRAINING MECHANISM

CHAPTER 2: ANCIENT GREECE

Key Learning Objectives: Enhance visual short-term memory and feature binding (color+shape; ventral visual stream), selective/sustained attention (dorsal attention network), and distractor suppression (frontoparietal control)

Core Challenge: memorize fruits (shapes and colors)

Answer: tap fruits in the requested order to toss into jars

- Example: Apple, Watermelon, Strawberry, Banana
- Forward: Apple → Watermelon → Strawberry → Banana
- Reverse: Banana → Strawberry → Watermelon → Apple



TRAINING MECHANISM

CHAPTER 3: ANCIENT CHINA

Key Learning Objectives: Improve associative paired-binding and cue-driven retrieval (table \leftrightarrow dish; hippocampus/entorhinal), ordinal sequencing and working-memory gating (DLPFC/caudate), and interference resistance

Core Challenge: memorize table numbers and their corresponding dishes

Answer: drag dishes to tables in the requested order

- Example: 5-Hotpot, 2-Roast Chicken, 9-BBQ, 6-Dumplings
- Forward: 5 \rightarrow 2 \rightarrow 9 \rightarrow 6
- Reverse: 6 \rightarrow 9 \rightarrow 2 \rightarrow 5



TRAINING MECHANISM

CHAPTER 4: INDUSTRIAL REVOLUTION

Key Learning Objectives: Train visuospatial working memory and path sequencing (visuospatial sketchpad; posterior parietal), allocentric/egocentric route encoding (hippocampus/parahippocampal), and temporal order manipulation (DLPFC)

Core Challenge: watch MeowSprout hop across bricks and memorize the path, then replicate the path

Answer: tap bricks in forward or reverse sequence as requested



TRAINING MECHANISM

CHAPTER 5: VIKING AGE

Key Learning Objectives: Consolidate item–place binding and serial order maintenance (hippocampus; frontoparietal), hierarchical relational memory and interference control (dACC), and rapid WM updating

Core Challenge: memorize the order of ice floes and the sea creatures

Answer: drag each creature onto its matching ice floe in the requested order



TRAINING MECHANISM

CHAPTER 6: MAYA CIVILIZATION

Key Learning Objectives: Develop continuous monitoring and comparison (n-back style; DLPFC/rostralateral PFC), divided/temporal attention and response inhibition (dACC, basal ganglia), and quantify dual-task costs

Core Challenge: Memorize the alphabets on the previous pillars and match the current one to the previous one if they have the same alphabets

Answer: watch letters on columns. When two yellow-lit columns show the same letter, press Confirm. If they differ, wait.



Multitask add-on: watch the top timing bar. When Meowsprout's paw enters the yellow zone, press the blue Jump button. Hits or misses won't change MeowSprout's path, and they only score the multitask.

FAQ

I NEED TO CHANGE MY CHILD'S INFO FROM SETUP

- Nickname can be edited in Profile → Personal Center
- Age and gender will lock after submission to preserve calibration accuracy

NO SOUND

- Turn off Silent mode; raise system ringer volume
- Check Profile → Settings → Sound
- Restart the app after changing system audio settings

WHERE IS MY PROFILE?

- Finish the first two compulsory guided tutorials, return to the Home screen, then tap the avatar (top left) to access your Personal Center

CAN I DELETE MY ACCOUNT?

- Yes. Please navigate to Profile → Settings → Delete Account
- **Warning:** this action will permanently removes training records and membership status, and this cannot be undone

WHY CAN'T I SEE SCORES OR STAR MAP?

- Both the scores and star map will appear upon:
 - plan activation, and
 - completing **Chapter 1 Baseline**

ACTIVATION FAILED

- Check **capitalization, spaces, and special characters**
- If you activated via a partner portal, just sign in with the same email/phone and your membership should auto-recognize

FAQ

APP WON'T START OR KEEPS CRASHING

- Free up storage (aim for 1 GB+ free)
- Update iOS/Android to a supported version
- Clear app cache (Android): System Settings → Apps → BrainArk → Storage → Clear cache
- Restart your device

CAN'T SIGN IN

- Switch between Wi-Fi and cellular to test
- If using a VPN, try temporarily turning it off

TOUCH IS SLOW OR LAGGY

- Close background apps that use lots of resources
- Avoid Low Power/Battery Saver modes during play

PRIVACY & DATA

- **Your trust matters to us!** We make sure to:
 - Use only essential data to calibrate difficulty and generate reports
 - Account deletion will remove all personal data tied to your account and permanently deletes training history
- For more details, see **Profile** → **Settings** → **Privacy**

NEED MORE HELPS?

- **Fastest route to support: Profile** → **Settings** → **Help & Support**
- Please do include your device model, OS version, steps to reproduce, and screenshots if possible.
- Hours of operation: Weekdays, 9:00 AM – 5:00 PM Eastern Time.