Your experiments

Track your experiments using the table below, or day by day in the free web app at start.theattentionexperiment.com. Use whichever suits you.

What we noticed

After each experiment, write what you found together and tick it off.

1	**Say it out loud** Did you catch a Scroll Loop?		☐
2	**Scroll Loop Bingo** Our device doorways		☐
3	**Spot your Scroll Loops** The Scroll Loop we do most		☐
4	**Find your body signals** Where we feel it		☐
5	**Choose your swap** Our swaps		☐
6	**Make a plan** Did you make a plan?		☐
7	**Look back** What helped most, and why?		☐

You may photocopy this page for home or classroom use. Print your own at theattentionexperiment.com/printables

The Attention Experiment®