



# Brian Cain Peak Performance, LLC

Concentration Training Grid

Copyright - Brian Cain Peak Performance, LLC

(802) 999-1096 - brian@briancain.com - www.briancain.com

86	54	04	72	20	05	34	79	52	17
73	43	50	70	44	12	28	59	94	35
45	62	63	97	51	95	91	67	84	75
27	69	23	00	08	83	09	41	65	78
80	39	68	47	29	93	36	30	38	42
61	53	19	48	49	74	40	18	15	21
60	01	14	22	64	07	58	02	32	16
13	31	26	71	66	33	06	85	10	89
76	46	98	37	99	24	57	11	55	82
92	25	81	96	87	88	77	03	56	90

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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95	24	50	89	23	29	19	52	83	87
72	92	10	41	99	55	69	66	25	08
96	42	15	62	28	22	20	79	21	38
31	18	56	58	57	16	84	43	91	03
82	45	37	80	01	93	97	13	46	78
77	67	09	64	12	60	81	70	88	05
63	86	54	71	65	39	06	76	73	94
04	98	26	74	11	35	17	07	40	90
53	36	51	44	32	14	49	85	00	33
02	75	68	61	27	59	47	48	30	34

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16	93	89	94	51	22	24	85	71	83
04	58	34	21	62	05	81	57	19	44
39	70	67	64	35	18	91	53	12	84
82	31	72	52	73	33	48	55	06	37
40	56	43	54	11	76	10	96	26	95
77	45	97	15	46	28	86	65	61	38
69	98	36	30	50	49	88	80	63	99
60	32	29	27	79	00	08	09	25	01
13	87	66	07	14	41	75	78	92	42
17	68	02	90	59	03	20	47	23	74

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94	51	70	26	18	56	83	65	41	05
35	10	75	38	67	99	30	86	49	42
62	40	66	31	20	13	91	23	96	76
02	73	57	28	90	55	54	27	78	64
37	88	93	17	63	69	50	74	48	19
85	92	33	95	32	45	52	29	84	36
34	12	00	22	97	07	71	79	16	11
98	09	25	39	68	04	21	06	15	61
87	58	77	24	46	72	53	59	60	89
81	14	08	80	44	82	03	01	43	47

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21	95	51	39	11	46	36	67	42	40
62	32	38	69	20	89	26	35	50	29
10	37	30	58	33	86	76	15	34	00
13	71	61	83	14	98	31	91	70	49
66	47	82	90	43	27	57	25	81	08
93	92	56	18	41	16	78	06	79	48
55	07	22	65	88	44	03	72	94	53
97	28	68	54	84	45	60	01	64	24
17	74	96	19	04	02	85	63	87	75
23	52	05	59	77	99	09	12	80	73

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57	66	94	67	58	90	16	38	92	48
81	11	42	10	28	12	09	07	72	21
73	01	26	71	89	75	25	32	98	79
64	35	85	86	80	22	99	23	68	20
33	08	17	61	51	84	95	03	91	50
76	65	59	96	37	39	29	41	45	88
31	56	19	34	97	05	27	78	14	46
02	00	53	49	54	15	93	24	18	63
74	40	52	55	13	60	83	44	06	87
69	82	62	77	30	70	04	47	36	43

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47	92	81	78	07	77	83	98	64	56
13	84	33	86	38	40	79	66	43	26
30	21	89	96	52	71	72	45	10	88
69	16	55	80	70	73	87	20	34	39
54	62	00	95	50	29	32	09	01	19
97	17	46	23	76	68	31	37	12	35
61	22	63	44	14	99	51	93	85	60
65	41	18	53	36	94	58	82	59	08
90	75	11	02	04	67	25	28	49	05
57	48	27	42	03	06	74	91	15	24

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61	32	89	00	07	68	80	18	37	92
88	94	57	44	50	46	13	14	38	66
79	06	70	48	85	86	31	81	65	35
08	39	28	83	36	21	10	42	78	98
82	76	55	02	75	91	99	25	26	56
09	17	30	20	67	34	74	47	77	27
64	90	52	40	72	63	05	53	71	97
84	59	58	45	93	01	23	87	12	95
49	41	29	15	96	33	19	51	04	69
22	60	54	73	16	03	62	11	24	43

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85	04	79	40	26	57	29	74	01	11
98	14	65	91	89	47	09	44	10	27
71	35	83	00	36	19	38	48	41	86
53	32	06	97	68	63	55	02	21	87
28	08	64	13	49	51	78	31	67	12
23	42	72	05	43	76	84	66	17	93
03	77	50	59	07	81	37	34	82	92
52	62	56	96	58	39	25	94	24	88
69	99	73	18	46	20	22	61	16	70
80	33	30	54	15	45	90	95	75	60

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02	22	05	76	92	31	36	50	13	08
55	80	19	29	56	12	75	88	27	10
73	69	89	85	97	64	91	71	43	21
45	87	37	49	09	70	51	20	63	58
33	16	61	48	26	74	93	66	77	59
84	23	96	07	94	67	78	35	39	06
44	34	54	57	24	47	01	04	32	86
14	18	81	00	83	17	95	72	62	38
90	53	15	60	11	65	68	42	25	52
28	46	79	30	41	98	82	03	40	99

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61	87	92	99	48	57	78	05	10	58
41	65	50	88	68	64	21	38	76	40
01	79	80	74	42	89	83	46	13	30
16	09	62	63	71	25	67	32	28	86
72	02	14	91	85	47	69	55	06	51
43	04	23	93	52	59	45	95	70	98
66	96	34	97	56	81	94	54	44	35
90	75	19	00	53	15	22	18	24	33
39	26	29	31	12	60	84	82	20	36
77	37	08	49	17	07	73	11	03	27

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88	35	07	98	10	92	85	58	50	69
36	37	54	93	06	55	28	71	30	77
82	66	60	14	80	64	89	12	15	20
73	86	68	65	31	62	84	40	59	09
41	33	25	34	03	38	87	56	43	90
63	75	17	04	52	01	46	81	29	76
16	21	91	78	47	95	05	97	24	42
26	02	57	18	51	48	08	44	00	39
19	67	79	27	94	49	99	11	22	61
74	23	70	45	83	53	13	72	32	96

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20	40	91	69	95	35	90	61	63	25
66	05	59	96	81	98	06	78	54	27
94	11	82	34	93	56	89	13	68	12
14	55	09	53	16	74	50	07	00	77
15	57	32	64	62	67	36	71	03	88
70	19	92	97	29	60	58	42	79	22
52	75	01	41	45	65	51	28	24	02
85	83	72	44	23	04	48	99	47	26
10	37	08	17	86	18	31	39	43	33
38	49	80	73	46	76	21	87	30	84

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90	30	38	21	02	58	08	70	17	23
78	33	76	20	83	13	42	40	49	22
82	09	50	69	25	66	51	57	80	04
64	39	73	72	53	68	67	61	44	75
97	27	24	60	52	59	62	10	01	18
71	15	55	34	65	85	07	92	94	37
00	19	03	28	95	06	79	36	16	32
05	48	91	54	45	96	89	56	77	86
99	81	41	31	93	87	12	98	74	84
11	26	63	14	46	88	35	29	47	43

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05	04	08	30	77	35	90	12	33	24
01	50	42	59	71	29	81	62	44	85
43	67	18	22	52	02	66	78	83	84
38	88	06	86	53	17	56	37	23	76
61	21	36	96	91	92	79	07	15	60
64	48	19	41	73	54	94	34	32	45
72	99	69	25	40	93	13	03	80	70
09	28	57	27	55	39	97	89	68	87
46	00	65	20	47	31	11	10	16	49
74	58	75	95	82	14	51	98	26	63

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44	25	92	86	52	28	17	56	05	30
04	85	31	03	21	55	97	00	48	35
51	45	50	66	01	73	39	98	69	76
59	90	61	83	02	47	53	63	06	78
42	38	26	07	15	08	82	37	24	88
46	89	29	20	74	10	67	96	75	19
36	80	34	33	13	95	54	16	18	71
60	99	23	84	81	27	65	94	68	41
49	87	72	77	43	22	11	79	62	14
40	93	91	32	70	09	12	58	64	57

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87	02	52	83	68	61	73	31	48	97
99	43	77	65	15	56	88	90	57	01
92	54	18	76	41	05	67	36	74	86
09	53	16	85	19	94	11	66	89	06
82	81	37	78	23	38	30	75	95	08
55	51	80	00	91	07	62	17	69	24
13	72	04	34	47	26	33	14	98	27
71	22	49	59	60	32	79	42	58	10
93	03	40	25	96	44	28	64	12	35
70	21	20	46	63	39	84	45	29	50

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01	38	50	04	83	21	44	92	05	29
46	09	12	03	81	51	61	59	23	87
15	96	25	80	31	70	74	36	97	93
13	88	60	30	73	86	94	63	00	62
85	98	77	69	39	20	52	95	78	27
08	33	53	16	72	17	76	71	90	99
32	14	48	49	68	55	65	47	10	67
58	43	06	07	82	41	64	45	89	79
28	11	37	02	19	18	42	35	26	84
91	75	40	66	57	22	54	34	24	56

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61	01	31	34	77	08	13	07	14	71
78	43	82	92	91	26	41	36	23	06
35	86	50	02	20	38	53	95	44	32
67	15	17	40	46	45	04	29	58	93
97	54	79	49	24	57	00	59	09	19
10	12	63	52	84	72	48	33	25	27
16	11	56	62	81	22	99	76	03	88
21	96	83	55	39	75	87	65	28	30
70	98	60	74	89	69	42	18	73	94
85	66	90	05	37	68	64	80	51	47

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86	28	44	67	60	82	76	46	27	33
10	38	50	15	57	72	81	71	32	99
12	51	48	77	90	84	97	34	52	59
24	26	13	09	02	78	01	88	40	21
94	65	96	70	83	18	80	11	19	53
16	91	04	61	69	79	14	45	85	22
23	56	55	87	89	68	47	03	20	29
49	17	98	37	66	07	06	25	05	58
43	35	93	41	31	64	95	42	75	08
92	73	36	00	74	30	54	62	63	39

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43	19	60	61	85	28	36	13	30	99
20	23	22	42	79	38	51	88	92	87
98	80	73	95	18	47	78	14	49	71
44	91	97	02	50	74	58	81	69	34
05	64	66	57	37	62	21	53	12	75
41	16	03	67	45	08	17	07	94	48
35	56	93	24	06	40	31	09	76	15
59	33	86	26	54	10	89	46	52	96
00	82	68	55	84	90	01	77	04	70
32	29	72	65	27	11	39	63	25	83

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75	56	14	11	13	47	57	46	03	82
93	02	19	84	16	61	91	76	96	25
54	15	04	05	06	89	63	39	08	80
23	31	74	65	33	85	64	35	81	48
86	18	22	87	71	51	79	88	68	10
62	24	60	95	77	70	38	27	49	92
98	73	29	34	90	66	32	30	00	40
58	44	01	36	59	42	78	50	52	67
99	94	83	45	55	53	21	28	12	17
69	97	37	07	41	20	72	43	09	26

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89	37	88	18	60	77	02	71	34	51
16	33	53	65	52	84	30	06	69	79
80	40	99	45	68	92	04	41	21	50
47	67	10	55	23	28	24	62	13	58
59	19	49	96	83	56	17	64	81	12
25	26	36	43	93	14	31	70	39	74
01	73	75	78	11	61	48	85	03	87
27	09	05	22	98	72	97	63	90	35
91	42	82	29	20	46	07	00	76	66
08	86	15	54	94	38	95	32	57	44

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03	58	42	50	40	33	55	90	28	00
65	48	91	62	78	36	18	82	79	21
38	56	53	14	52	10	57	99	59	23
29	98	84	77	74	15	30	97	60	76
87	63	31	12	07	39	69	25	04	75
46	92	66	37	89	85	13	44	11	80
61	67	49	47	68	24	17	73	01	22
81	43	83	41	06	95	20	96	32	02
08	19	45	26	34	64	09	70	51	72
93	88	27	54	05	71	35	16	86	94

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92	52	00	82	17	88	85	27	79	66
40	38	04	87	26	55	41	01	56	18
12	06	83	11	21	93	45	44	23	71
73	37	98	25	84	22	74	68	13	30
89	67	94	16	53	65	28	09	99	72
64	31	29	62	35	50	32	81	77	15
39	02	34	49	42	19	61	43	14	47
91	96	76	60	80	36	57	24	48	05
78	10	59	95	46	63	86	33	75	51
03	08	20	69	70	97	90	54	58	07

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



# Brian Cain Peak Performance, LLC

Concentration Training Grid

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(802) 999-1096 - brian@briancain.com - www.briancain.com

36	91	85	35	61	10	07	01	16	65
80	00	17	90	67	24	31	57	87	83
69	77	02	28	88	84	03	64	48	20
06	47	68	62	45	82	08	98	19	18
54	34	41	99	70	58	52	13	63	73
76	55	96	05	81	51	12	93	49	92
32	15	39	53	95	97	33	42	71	11
22	09	59	60	21	50	56	94	78	26
27	72	79	89	74	44	38	46	29	30
75	43	86	40	04	37	66	23	25	14

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



# Brian Cain Peak Performance, LLC

Concentration Training Grid

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61	71	05	12	16	55	79	04	26	58
95	10	21	45	50	03	94	24	53	28
81	19	34	80	67	40	29	43	69	99
76	62	08	96	22	00	47	09	38	14
20	02	44	56	89	31	88	86	52	49
15	82	97	51	73	39	92	60	32	25
70	68	75	63	11	85	65	06	41	90
36	98	78	37	13	17	93	23	72	84
48	18	42	46	74	87	30	77	33	35
54	57	64	59	01	91	27	66	07	83

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



# Brian Cain Peak Performance, LLC

Concentration Training Grid

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98	45	59	79	63	11	78	43	01	91
24	04	25	42	94	23	74	54	08	20
33	52	49	18	89	14	81	73	38	27
86	29	68	90	88	13	58	21	71	97
57	44	26	12	06	77	50	46	31	84
40	61	60	41	66	96	72	51	99	47
64	92	85	82	37	28	56	93	02	83
15	07	69	19	55	30	95	80	62	17
05	09	10	76	65	67	22	00	34	39
36	87	70	35	53	48	75	16	03	32

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



# Brian Cain Peak Performance, LLC

Concentration Training Grid

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68	55	35	73	80	10	70	16	31	98
64	32	90	42	43	19	83	59	28	36
18	67	23	11	57	81	22	72	99	79
88	09	84	52	56	89	45	65	30	54
14	62	53	77	51	46	17	47	02	08
25	12	27	20	78	44	41	26	38	40
71	21	03	29	24	91	34	75	97	39
48	07	37	60	94	05	50	82	58	04
96	69	63	00	01	95	93	87	86	61
13	74	15	76	85	06	66	33	92	49

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



# Brian Cain Peak Performance, LLC

Concentration Training Grid

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43	60	65	92	54	02	53	71	75	36
86	68	90	07	96	41	00	23	03	66
15	35	67	61	33	83	94	82	01	98
04	55	25	29	64	18	40	99	44	14
26	76	05	97	72	45	16	19	78	08
63	30	79	32	47	69	38	87	06	57
91	80	85	51	22	74	93	56	42	31
84	37	13	17	89	81	62	77	52	48
24	46	09	12	10	88	70	39	27	73
28	11	21	59	58	49	50	95	34	20

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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90	24	92	46	40	32	65	12	83	43
47	74	82	22	55	59	76	37	95	72
60	48	19	07	85	10	80	49	21	08
20	44	58	91	26	14	23	27	98	38
15	67	81	77	25	53	97	18	01	86
29	45	93	57	75	05	79	03	84	63
35	33	96	51	69	89	28	34	39	09
36	99	11	41	30	70	73	56	16	13
71	68	54	61	64	87	88	42	66	50
02	31	04	94	06	00	78	17	52	62

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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89	18	08	03	76	27	00	50	39	29
74	02	51	31	36	67	70	25	38	35
91	57	21	17	49	07	14	65	75	86
09	10	73	96	64	69	23	99	46	98
43	72	53	80	52	58	28	01	45	05
95	48	68	88	47	62	61	97	55	92
04	15	11	33	24	94	40	32	13	54
16	42	60	37	20	79	63	59	56	19
30	81	84	26	82	87	41	83	06	93
34	22	12	77	66	71	85	44	78	90

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_





# Brian Cain Peak Performance, LLC

Concentration Training Grid

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33	71	38	37	17	66	19	46	36	58
12	26	82	50	72	84	00	96	70	41
03	62	95	09	47	11	79	76	90	27
74	59	97	80	63	56	25	48	75	54
10	14	29	91	01	73	69	40	18	55
43	24	49	87	94	57	53	64	22	16
32	28	60	98	88	92	04	52	68	99
08	20	05	93	07	44	02	89	78	30
23	83	15	35	31	13	81	65	51	34
39	61	21	06	77	67	42	45	86	85

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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54	84	28	70	13	94	06	26	61	64
03	62	00	87	20	58	45	39	69	75
71	24	21	88	49	50	67	95	15	02
59	16	07	31	81	78	43	85	01	35
32	40	89	68	72	76	48	83	65	14
42	82	53	80	73	57	98	99	66	41
96	93	97	09	38	60	55	90	08	19
11	63	12	46	33	18	79	52	25	37
77	47	10	27	36	91	44	30	74	51
23	05	17	92	22	86	04	29	34	56

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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85	59	00	87	60	49	51	14	83	46
32	97	38	35	54	04	76	17	31	10
45	27	79	98	72	33	41	99	11	58
65	57	62	02	94	81	68	08	22	95
74	64	03	15	47	56	55	66	93	75
48	29	52	13	28	80	19	82	71	12
40	36	37	09	86	70	18	77	90	73
05	24	21	39	96	23	69	07	01	92
78	61	53	50	84	63	88	06	67	43
91	42	16	34	26	44	30	20	89	25

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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Concentration Training Grid

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67	21	94	51	69	96	04	43	54	74
76	82	66	98	32	73	15	68	59	91
20	12	84	53	55	47	06	64	25	99
79	89	28	77	11	17	50	36	57	97
81	87	45	23	65	27	56	19	33	70
30	80	29	01	88	34	18	14	24	92
02	37	71	60	49	26	90	05	13	03
44	40	93	85	38	39	86	63	62	46
42	35	83	07	08	09	78	00	95	48
75	72	61	41	22	16	10	58	31	52

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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Concentration Training Grid

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01	79	81	44	27	43	78	65	92	77
83	84	76	48	87	47	68	38	45	95
56	16	42	08	55	98	24	67	05	39
02	32	21	29	04	46	36	85	49	74
80	51	25	22	15	93	14	52	06	50
19	91	89	11	41	30	58	70	12	37
33	17	86	99	57	61	07	82	34	40
63	13	31	75	69	60	96	62	26	20
71	03	23	94	18	88	53	66	90	28
00	64	35	54	72	97	10	09	73	59

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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58	28	71	50	42	48	05	55	98	78
47	49	97	69	73	02	40	53	80	26
38	86	83	43	68	79	65	74	39	36
27	16	77	04	61	54	15	03	87	92
13	66	82	96	45	93	23	32	22	08
88	72	07	30	84	85	95	62	12	06
57	17	60	31	81	76	19	63	20	35
46	14	94	34	99	10	00	64	44	37
67	09	18	75	52	51	01	90	24	89
91	56	11	25	41	59	21	33	70	29

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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84	77	76	93	65	17	75	70	38	94
48	02	74	80	08	78	88	09	92	12
05	66	44	61	20	68	22	69	89	43
55	86	32	18	34	81	04	52	71	85
49	99	42	91	03	29	40	57	64	79
21	30	54	16	11	62	06	96	98	14
26	01	46	45	36	67	35	27	07	82
72	41	31	50	90	33	28	47	73	15
53	10	58	24	23	97	37	59	51	39
63	87	19	25	95	56	13	83	60	00

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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Concentration Training Grid

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72	16	53	45	90	48	68	59	99	01
66	64	43	02	11	34	30	18	56	31
93	36	84	98	17	38	91	62	09	55
73	96	07	87	37	50	57	95	54	85
81	89	41	94	63	52	20	82	75	14
44	92	71	15	00	23	13	78	22	10
26	39	33	28	58	88	49	47	03	61
97	27	05	76	69	83	32	60	29	19
79	86	08	24	65	51	40	77	25	70
67	12	46	06	21	74	04	35	80	42

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_





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83	70	38	21	17	49	82	00	40	27
65	48	15	20	72	66	90	07	99	19
68	02	69	45	42	47	98	09	31	58
46	86	85	64	39	12	63	76	10	87
53	52	37	71	04	01	61	34	75	67
77	43	97	56	44	54	50	51	25	30
80	84	05	95	89	55	91	94	92	79
62	96	16	36	88	22	41	13	33	18
81	24	03	08	23	78	60	59	14	35
26	32	11	93	74	29	28	57	73	06

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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56	65	06	90	51	54	78	29	67	86
58	48	57	08	45	15	34	92	11	71
26	03	55	95	17	43	37	94	01	70
99	21	18	88	22	68	36	02	07	69
80	79	38	24	82	89	84	13	97	63
98	62	76	49	72	09	42	83	20	85
50	52	19	10	25	12	39	00	74	96
81	60	04	16	77	27	28	66	73	47
44	61	14	23	59	93	91	32	40	64
35	05	75	30	31	33	46	87	53	41

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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10	19	88	97	29	55	98	56	66	17
21	59	81	96	09	83	60	79	07	50
33	48	02	46	93	32	91	85	63	49
74	14	27	54	22	28	57	92	40	94
53	11	58	37	72	05	76	41	36	82
12	64	70	71	42	25	78	80	20	65
68	24	03	44	86	00	15	16	31	87
67	30	69	23	73	62	61	08	39	26
34	01	04	99	84	89	95	47	38	75
77	52	45	35	06	13	51	90	18	43

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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40	23	15	07	45	80	33	66	69	52
68	49	47	34	83	27	00	06	89	94
96	81	54	38	13	74	03	21	61	20
50	32	17	70	85	78	12	99	91	82
11	36	86	59	24	75	37	73	71	18
02	09	04	43	08	22	77	10	57	53
19	44	92	55	87	79	48	64	60	39
31	72	97	35	95	56	46	16	41	76
29	51	88	63	25	62	84	14	30	58
98	26	42	01	65	90	28	93	05	67

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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12	04	21	79	41	05	20	81	31	00
61	55	44	09	74	56	40	19	02	80
87	35	95	22	07	75	03	72	58	91
73	45	92	18	01	76	84	46	29	53
38	17	90	86	93	68	51	98	94	16
64	25	69	77	24	11	13	43	08	37
27	28	67	50	33	62	52	34	63	15
23	82	30	32	10	54	49	83	59	42
66	97	39	88	14	96	78	06	85	36
65	57	89	26	48	70	47	99	71	60

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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98	92	41	21	08	58	06	66	38	32
00	09	22	48	30	31	65	42	33	04
10	62	64	28	75	47	29	12	55	44
51	78	70	34	43	15	13	39	88	59
02	25	26	68	87	56	96	99	97	95
73	27	35	07	53	18	40	03	14	20
85	82	72	77	63	50	46	11	83	01
16	93	79	89	49	81	76	61	37	19
71	90	05	94	23	84	60	80	91	57
52	67	69	36	24	86	74	45	54	17

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

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92	11	27	93	04	63	03	38	47	98
57	01	02	72	41	44	65	71	00	24
91	76	60	67	78	12	79	08	10	55
35	07	95	89	46	45	66	33	26	18
37	58	96	20	85	94	21	48	09	99
62	70	64	19	49	68	53	22	40	97
29	06	05	16	74	69	30	34	31	51
28	39	43	83	36	61	90	32	54	15
75	88	73	50	77	81	56	42	17	80
87	13	59	52	82	86	23	25	14	84

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

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81	02	48	47	53	74	64	06	67	80
77	86	39	26	65	32	23	98	04	89
57	69	94	31	38	88	08	50	33	10
87	41	90	73	92	91	97	25	43	79
14	52	96	54	13	68	85	11	37	15
49	51	27	42	99	84	72	20	29	83
01	21	16	82	19	63	12	45	17	46
07	28	60	93	75	62	22	44	09	00
55	24	36	56	40	95	70	59	34	71
58	66	76	05	61	35	03	30	18	78

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

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58	80	37	92	00	09	96	77	46	27
79	36	53	33	34	51	11	25	35	43
69	13	98	61	02	06	08	86	18	65
44	23	24	94	87	57	88	54	05	15
10	29	93	30	72	45	81	68	64	67
16	91	17	32	22	70	76	39	63	47
50	48	74	66	01	60	04	14	38	95
52	40	90	83	20	49	26	73	62	41
31	71	56	84	78	99	85	82	59	03
97	21	42	19	55	28	07	89	75	12

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_



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Concentration Training Grid

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(802) 999-1096 - brian@briancain.com - www.briancain.com

98	67	99	50	89	23	09	28	72	46
25	54	18	37	75	93	85	13	44	10
78	21	35	81	83	06	34	90	41	70
68	39	87	01	53	84	73	07	88	12
55	58	03	48	96	95	20	82	19	15
91	51	74	02	30	05	47	16	86	43
77	60	56	71	31	92	36	69	42	80
33	22	97	32	61	00	65	08	11	29
52	59	17	63	66	27	45	24	94	38
57	49	79	04	26	64	14	76	62	40

Name: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

Goal Time To Complete CGRID: \_\_\_\_\_

Actual Completed CGRID Time: \_\_\_\_\_

Personal Record Time: \_\_\_\_\_