



Brain Performance Index

Sample Adult | Age 35 | Fall Cohort

Self-report assessment

Referred by: Sample Report

Overall Performance Index

71.9

Strong Performance

This profile suggests strong overall readiness. A few standout strengths anchor performance, with one or two areas offering room to grow.

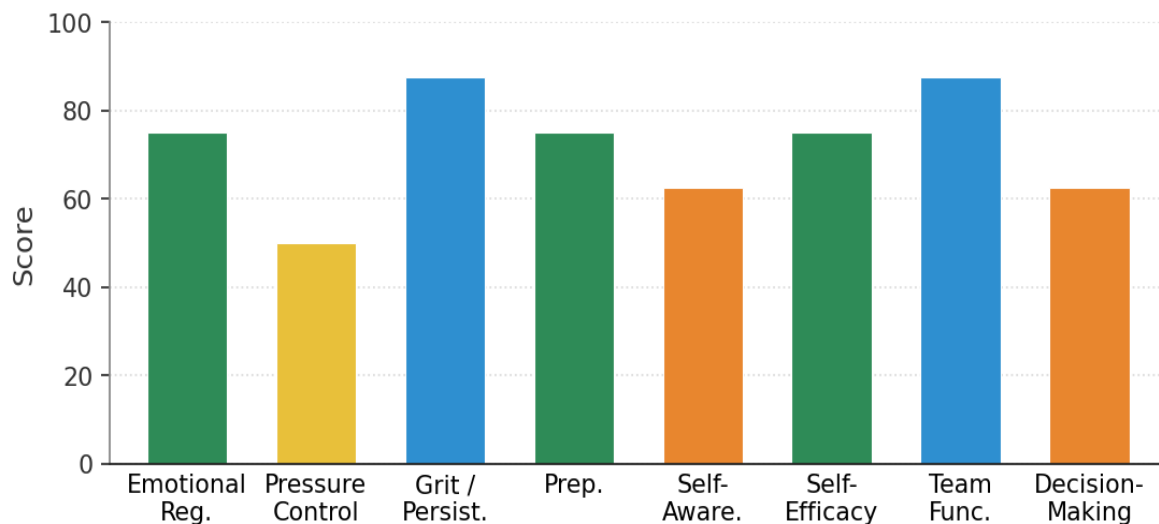
Informant summary

Self-report

71.9

Strong

Subdomain Profile



■ Significant Support Needed ■ Needs Improvement ■ Developing ■ Strong ■ Exceptional

Score bands: Significant Support Needed (0-39), Needs Improvement (40-54), Developing (55-69), Strong (70-84), Exceptional (85-100).

Self-Regulation

62.5

Developing

Drive and Discipline

81.3

Strong

Self-Insight

68.8

Developing

Team and Decision

75.0

Strong

Brain Performance Index - Sample Adult

Subdomain interpretation and recommendations

Scores below reflect the participant's self-report across eight performance subdomains. Interpretations and recommendations are matched to each score band.

Emotional Regulation 75.0

Strong

Interpretation: Emotions are usually recognized early and kept from derailing performance.

Recommendations: Maintain routines that support steady mood, sleep, and quick recovery after setbacks.

Pressure Control 50.0

Needs Improvement

Interpretation: Pressure is managed in some situations but still disrupts performance when stakes rise.

Recommendations: Practice pressure gradually and use a repeatable settle routine before high-stakes tasks.

Grit / Persistence 87.5

Exceptional

Interpretation: Persistence is a standout strength.

Recommendations: Channel this into long-term goals while balancing effort with rest and recovery.

Preparation 75.0

Strong

Interpretation: Preparation is usually adequate and expectations are understood.

Recommendations: Maintain planning tools and extend into longer-range, multi-step planning.

Self-Awareness 62.5

Developing

Interpretation: Self-awareness may not be accurate enough in the moment.

Recommendations: Practice brief self-check-ins before tasks and seek help or feedback earlier.

Self-Efficacy 75.0

Strong

Interpretation: Belief in handling meaningful challenges is generally solid.

Recommendations: Keep confidence grounded in preparation and offer harder challenges as growth.

Team Functioning 87.5

Exceptional

Interpretation: Team functioning is a clear strength.

Recommendations: Encourage peer leadership, mentoring, and positive group influence.

Decision-Making 62.5

Developing

Interpretation: Decision quality may drop when plans change or quick judgment is needed.

Recommendations: Practice flexible thinking and reviewing likely consequences before acting.