

Printable Schulte Table Practice Pack

What is included

- 3x3 beginner practice sheets
- 4x4 easy practice sheets
- 5x5 standard practice sheets
- 6x6 challenge practice sheet
- Score tracker for offline training

How to use this pack

Start with a smaller grid, keep your eyes near the center, find each number in order, and write down your completion time after each round. Focus on accuracy first, then speed.

Online practice: <https://schulte-table.org/>

For general attention practice only. This is not a medical test, diagnosis, or treatment.

3x3 Beginner Schulte Tables

Use these for first sessions, kids practice, and quick warm-ups.

3x3 - Round 1

| | | |
|---|---|---|
| 4 | 7 | 8 |
| 5 | 9 | 3 |
| 6 | 1 | 2 |

3x3 - Round 2

| | | |
|---|---|---|
| 8 | 3 | 6 |
| 7 | 1 | 4 |
| 5 | 2 | 9 |

3x3 - Round 3

| | | |
|---|---|---|
| 3 | 6 | 8 |
| 9 | 7 | 2 |
| 5 | 1 | 4 |

3x3 - Round 4

| | | |
|---|---|---|
| 9 | 8 | 6 |
| 3 | 4 | 2 |
| 7 | 1 | 5 |

Offline score tracker

| Round | Time | Mistakes | Notes |
|-------|------|----------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

4x4 Easy Schulte Tables

A practical step between beginner and standard 5x5 practice.

4x4 - Round 1

| | | | |
|-----------|-----------|-----------|-----------|
| 10 | 11 | 8 | 4 |
| 1 | 3 | 5 | 9 |
| 14 | 12 | 16 | 15 |
| 2 | 6 | 13 | 7 |

4x4 - Round 2

| | | | |
|-----------|-----------|-----------|-----------|
| 16 | 14 | 7 | 3 |
| 8 | 12 | 1 | 15 |
| 4 | 6 | 10 | 11 |
| 5 | 9 | 2 | 13 |

Offline score tracker

| Round | Time | Mistakes | Notes |
|-------|------|----------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

5x5 Standard Schulte Tables

The classic 25-cell Schulte Table for regular focus training.

5x5 - Round 1

| | | | | |
|----|----|----|----|----|
| 16 | 1 | 14 | 23 | 19 |
| 8 | 10 | 25 | 3 | 2 |
| 24 | 22 | 17 | 5 | 11 |
| 7 | 18 | 20 | 6 | 12 |
| 21 | 15 | 9 | 13 | 4 |

5x5 - Round 2

| | | | | |
|----|----|----|----|----|
| 1 | 20 | 19 | 5 | 18 |
| 17 | 21 | 14 | 16 | 25 |
| 4 | 6 | 12 | 10 | 15 |
| 7 | 3 | 9 | 13 | 24 |
| 23 | 8 | 2 | 11 | 22 |

Offline score tracker

| Round | Time | Mistakes | Notes |
|-------|------|----------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

6x6 Challenge Schulte Table

Move here after your 5x5 times become consistent and accurate.

6x6 - Challenge

| | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 35 | 8 | 10 | 12 | 19 | 23 |
| 7 | 34 | 31 | 27 | 11 | 1 |
| 30 | 36 | 32 | 33 | 18 | 13 |
| 29 | 20 | 14 | 22 | 6 | 21 |
| 5 | 4 | 2 | 25 | 3 | 16 |
| 17 | 9 | 15 | 24 | 26 | 28 |

Offline score tracker

| Round | Time | Mistakes | Notes |
|-------|------|----------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |