**Supplementary Table.** Baseline outcome data with log transformation applied.

|  |  |  |  |
| --- | --- | --- | --- |
| Variables, log-transformed | BAT  (n = 42) | FBT  (n = 41) | Ex-FBT  (n = 41) |
| Dimensional Change Card Sorting |  |  |  |
| Residual ISD | 0.79 (0.24) | 0.78 (0.25) | 0.76 (0.30) |
| Raw-score ISD | -0.57 (0.24) | -0.59 (0.24) | -0.61 (0.30) |
| ICV | -0.52 (0.17) | -0.55 (0.17) | -0.54 (0.21) |
| Flanker, congruent |  |  |  |
| Residual ISD | 0.64 (0.28) | 0.63 (0.23) | 0.49 (0.20) |
| Raw-score ISD | -0.84 (0.28) | -0.87 (0.26) | -1.01 (0.22) |
| ICV | -0.80 (0.19) | -0.81 (0.22) | -0.90 (0.15) |
| Flanker, cost |  |  |  |
| Residual ISD | -0.17 (0.25) | -0.31 (0.28) | -0.17 (0.18) |
| Raw-score ISD | 0.10 (0.24) | -0.03 (0.25) | 0.04 (0.24) |
| ICV | 0.03 (0.19) | -0.07 (0.22) | -0.02 (0.20) |
| Pattern Comparison Processing Speed a |  |  |  |
| Residual ISD | 0.86 (0.20) | 0.85 (0.27) | 0.83 (0.23) |
| Raw-score ISD | -0.27 (0.20) | -0.28 (0.27) | -0.32 (0.25) |
| ICV | -0.64 (0.14) | -0.66 (0.19) | -0.66 (0.18) |

Note: Data presented as either mean (SD). BAT = balanced and toned group; FBT = Fit Brains training; Ex-FBT = exercise plus Fit Brains training group; ISD = intraindividual standard deviation; ICV = intraindividual coefficient of variation.

a Data removed for one participant with only two reaction time trials.