



---

## Mental Number Chains

### Chain 1: Quick Fire

- Start with 5.
  - Add 20.
  - Multiply by 3.
  - Double it.
  - Double it.
  - Subtract 12.
  - What is the final number?
- 
- 

### Chain 2: Brain Sprint

- Start with 38.
  - Subtract 5.
  - Multiply by 3.
  - Subtract 9.
  - Subtract 12.
  - Subtract 20.
  - What is the final number?
- 
- 

### Chain 3: Warm-Up Run

- Start with 16.
  - Divide by 2.
  - Add 5.
  - Subtract 12.
  - Multiply by 2.
  - Find half of that.
  - What is the final number?
- 
- 

### Chain 4: Number Sprint

- Start with 36.
  - Divide by 3.
  - Divide by 4.
  - Add 6.
  - Double it.
  - Double it.
  - What is the final number?
- 
-



---

## Mental Number Chains

### Chain 5: Focus Drill

Start with 5.  
Add 16.  
Double it.  
Double it.  
Double it.  
Divide by 4.  
What is the final number?

---

---

### Chain 6: Rapid Chain

Start with 36.  
Subtract 9.  
Add 5.  
Divide by 2.  
Subtract 14.  
Double it.  
What is the final number?

---

---

### Chain 7: Speed Round

Start with 7.  
Multiply by 4.  
Find half of that.  
Multiply by 3.  
Divide by 2.  
Divide by 3.  
What is the final number?

---

---

### Chain 8: Mind Workout

Start with 49.  
Multiply by 2.  
Find half of that.  
Subtract 16.  
Multiply by 4.  
Find half of that.  
What is the final number?

---

---



---

## Mental Number Chains

### Chain 9: Fast Track

Start with 42.

Double it.

Find half of that.

Multiply by 3.

Subtract 7.

Add 3.

What is the final number?

---

### Chain 10: Mental Sprint

Start with 48.

Divide by 3.

Add 14.

Find half of that.

Multiply by 4.

Subtract 20.

What is the final number?

---



---

### Mental Number Chains - Answers

1. 288
2. 58
3. 1
4. 36
5. 42
6. 4
7. 7
8. 66
9. 122
10. 40