Exercise 3 – Eliminating Regressions

Purpose: Eliminating Regressions

Material: Timer, book, paper/document, pencil

Time	Action	Marks
4 min	- Start in new material. - Read close to your maximum speed with no regressions. - Write down 1-3 sentences about what you just read, without looking. - Log regressions.	Start: E3 End: R
3 min	- Start at E3. - Read with no regressions. - Make sure you reach R. - Add to the summary if you can without looking. - Log regressions.	Start: E3 End: R
2 min	- Same as above	Start: E3 End: R
1 min	- Same as above	Start: E3 End: R
2 min	- New material. - Start at R. - Read with no regressions. - Write down 1-3 sentences about what you just read, without looking. - (Optional: Calculate reading speed.)	Start: R End: R2