

# Exercise 1 – Area Reading

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**Purpose:** Reading more words per fixation

**Material:** Timer, book, paper/document, pencil

Time	Action	Marks
2 min	<ul style="list-style-type: none"> <li>- Start in new material.</li> <li>- Read with 4 fixations per line and as fast as you're comfortable with.</li> <li>- Write down 1-3 sentences about what you just read, without looking.</li> </ul>	<u>Start:</u> E1 <u>End:</u> A1
2 min	<ul style="list-style-type: none"> <li>- Start at E1.</li> <li>- Read with 3 fixations and go further than A1.</li> <li>- Add to summary if you can.</li> </ul>	<u>Start:</u> E1 <u>End:</u> A2
2 min	<ul style="list-style-type: none"> <li>- Start at E1.</li> <li>- Read with 2 fixations and go further than A2.</li> <li>- Add to summary if you can.</li> </ul>	<u>Start:</u> E1 <u>End:</u> A3
2 min	<ul style="list-style-type: none"> <li>- Start at E1.</li> <li>- Read with 1 fixation and go further than A3.</li> <li>- Add to summary if you can.</li> </ul>	<u>Start:</u> E1 <u>End:</u> A4
2 min	<ul style="list-style-type: none"> <li>- Start at E1.</li> <li>- Read with 2 fixations and go further than A3 .</li> <li>- Add to summary if you can.</li> </ul>	<u>Start:</u> E1 <u>End:</u> A5