

Home recording sheet

Eye swings

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for eye swings are achieved

Goal 1	Move eyes smoothly as far as possible from side to side, feeling where eyes are looking, without moving your head	
Goal 2	Move eyes smoothly as far as possible up and down, feeling where eyes are looking, without moving your head	
Goal 3	Move eyes smoothly as far as possible diagonally, feeling where eyes are looking, without moving your head	