

VISION FOUNDATIONS

WEEK ONE CHECKLIST

Use this checklist at the end of the week to review your progress, and ensure you've completed all assigned exercises, noting any challenges or breakthroughs after your first week of the program.



WORKOUT ONE:

- Pushups for your focusing system



WORKOUT TWO:

- Pushups for your focusing system
- Eye Stretches



WORKOUT THREE:

- Eye Stretches
- Smooth Tracking



WORKOUT FOUR:

- Smooth Tracking
- Palming



WORKOUT FIVE:

- Palming
- Focus Trombone



Complete Bonus Lesson 20:20:20 Rule & put a visual reminder on your desk to do this everyday



Change your phone & computer settings to enlarge the print on your screen for easier reading



Note down any key insights, differences after completing exercises for one week



TIP TAKEAWAY

Use the palming exercise from Exercise Four whenever you feel yourself getting “visually tense” or in the early stages of a headache to reduce tension.

NOTES & QUESTIONS