

VISION FOUNDATIONS

SET-UP CHECKLIST

Let's make sure that you've completed all the set-up steps and ensure you're ready to rock this journey to better vision!



Download the course workbook and save/print



Completed the preliminary vision assessment



Reminders set-up to log in and complete your daily ScreenFit exercises



Shared your ScreenFit journey with a friend to keep you accountable



Bookmarked the course platform and workbook

NOTES:

What is the number one thing you want to get out of completing the ScreenFit Program?

QUESTIONS: