

## VISION FOUNDATIONS

# WEEK THREE 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 third week of the program.



### WORKOUT ELEVEN:

- Taking in Space
- Mirror Eye Movement



Note down any key insights, differences after completing exercises for three weeks



### WORKOUT TWELVE:

- Mirror Eye Movement
- Alphabet Visualization



### WORKOUT THIRTEEN:

- Alphabet Visualization
- Eye Squeezes



### WORKOUT FOURTEEN:

- Eye Squeezes
- Pendrops



### WORKOUT FIFTEEN:

- Pendrops
- Laterality

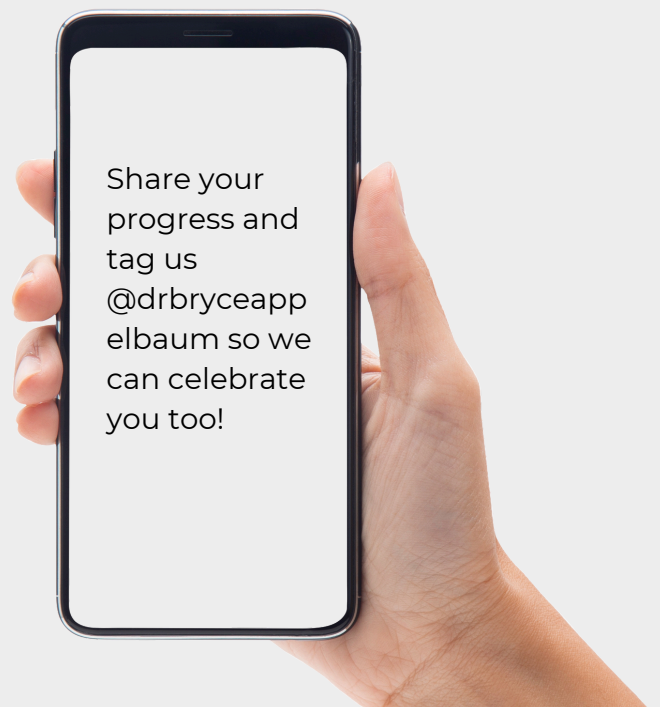


Complete the Halfway Point Vision Assessment



### TIP TAKEAWAY

The Eye Squeezes exercise should be done daily - try do it every time you drink water.



Share your progress and tag us @drbryceappelbaum so we can celebrate you too!

## NOTES & QUESTIONS