

VISION FOUNDATIONS

WEEK TWO 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 second week of the program.

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WORKOUT SIX:

- Focus Trombone
- Eye Jumps

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WORKOUT SEVEN:

- Eye Jumps
- Expanding your Side Vision

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WORKOUT EIGHT:

- Expanding your Side Vision
- Two-Eyed Coordination

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WORKOUT NINE:

- Two-Eyed Coordination
- Peripheral Pointing

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WORKOUT TEN:

- Peripheral Pointing
- Taking in Space

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Complete Bonus Lesson
find a good chair and think about upgrading your work chair

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Complete Bonus Lesson
reduce glare and consider moving your office around to accommodate less glare

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



TIP TAKEAWAY

Use the taking in space exercise whenever you are out for a walk.

EYE JUMPS - RESULTS

Right Eye

Left Eye

NOTES & QUESTIONS