

VISION FOUNDATIONS

WEEK FIVE 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 fifth week of the program.

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WORKOUT TWENTY ONE:

- Eye Massages
- Focused Eye Tracking

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WORKOUT TWENTY TWO:

- Focused Eye Tracking
- Large Eye Jumps

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WORKOUT TWENTY THREE:

- Large Eye Jumps
- Training Your Side Vision

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WORKOUT TWENTY FOUR:

- Training Your Side Vision
- Mirror Eye Movement
Part Two

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WORKOUT TWENTY FIVE:

- Mirror Eye Movement
Part Two
- Visual Scan

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Complete Bonus Lesson
Reduce Ambient Lighting
and make any changes to
your lighting set-up

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Complete Bonus Lesson
Reduce Clutter and
conduct a little desk spring
clean to make space

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



TIP TAKEAWAY

Practice your mirror eye
movement exercises whenever
you brush your teeth!

EYE JUMPS - RESULTS

Right Eye

Left Eye

NOTES & QUESTIONS