

FOCUSED EYE TRACKING



PURPOSE

This exercise incorporates your eye tracking and eye focusing, or outside and inside muscles of the eyes, all together in the same activity. This applies a much more dynamic approach than what you've done previously working on each system in isolation. The parallel here could be reading a text message while you are multitasking.



REPEAT

Perform this activity for 3 minutes per eye.

1

Have the attached chart ready, stand with your back straight and feet shoulder-width apart. Hold the paper at eye height, arms-length away. Cover your left eye with your left hand.

2

Without any head movement, call out the letters across the chart, row by row, as you slowly and smoothly move the card closer to you. When you get to the end of the chart, go back to the top and continue reading from the start.

3

Stop moving the chart when the letters become slightly blurry or not as clear as before. Concentrate, focus close and look hard to make the letters clear again.

4

If you are able to make the letters clear, start to slowly move the chart closer again until the letters become slightly blurry. Then stop and repeat like above.

5

When you get to a point where you can not make the letters clear, continue reading the chart and slowly move it away until the letters just become clear, and then start moving it closer again. Work on how close you can get the chart and how quickly you can make it clear again after becoming blurry. Try to get the chart 2-3 inches away from your nose while keeping the letters clear. Next, gently cover your right eye with your right hand. Perform the activity again for the other eye.