

VISION FOUNDATIONS

WEEK FOUR 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 fourth week of the program.



WORKOUT SIXTEEN:

- Laterality
- Smooth Pursuits



WORKOUT SEVENTEEN:

- Smooth Pursuits
- Close Eye Movements



WORKOUT EIGHTEEN:

- Close Eye Movements
- Eye Rolls



WORKOUT NINETEEN:

- Eye Rolls
- Strengthening Your Focus



WORKOUT TWENTY:

- Strengthening Your Focus
- Eye Massages



Complete Bonus Lesson Upgrade & Update Your Screen and consider updating your technology



Complete Bonus Lesson Blink More and create a visual reminder in your workspace to blink



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

TIP TAKEAWAY

Eye Massages and Eye Rolls are toolkit exercises you can repeat throughout the day.



NOTES & QUESTIONS