



Vision Foundations

WORKBOOK

WELCOME

IT'S TIME TO GET SCREEN 'FIT'

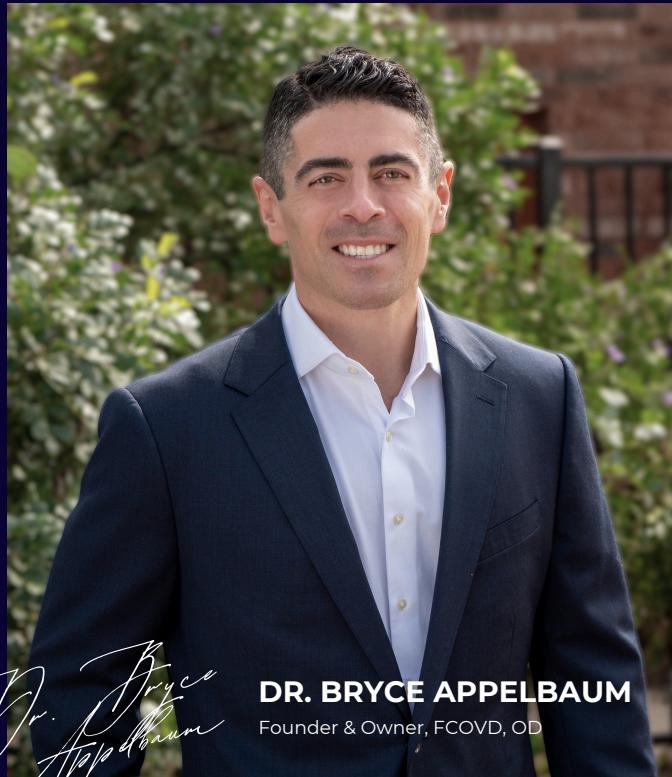
We're excited to have you join our program, designed to help you take better care of your visual health and improve your overall well-being. With the rise of digital devices in our daily lives, it's more important than ever to prioritize your eye health and reduce the impact of screen time.

In this program, you'll receive a new lesson every day. We suggest that you begin each day by repeating the lesson from the previous day and then adding in the lesson for this day. We'll provide you with videos and instructional information right when you need them, making it easy for you to follow along and integrate these practices into your daily routine.

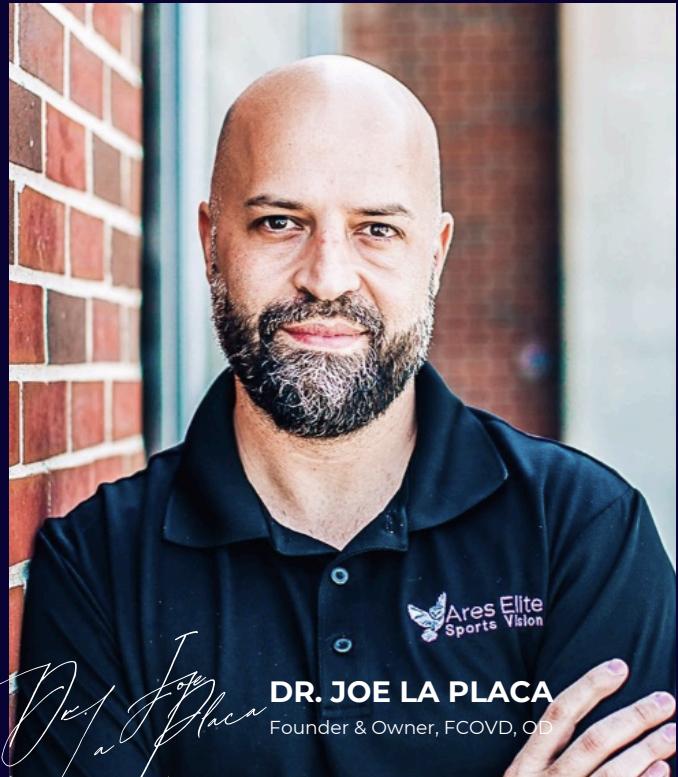
By the end of this program you will have learned valuable tips on how to care for your visual system, reduce signs and symptoms of visual fatigue, and increase your energy, productivity, and overall well-being. We believe that taking care of your eyes is an essential part of living a healthy and balanced life and we can't wait for you to see the difference.

So, let's get started on this journey together! Thank you for choosing ScreenFit, and welcome to a brighter, healthier future.

MEET YOUR
VISION EXPERTS



DR. BRYCE APPELBAUM
Founder & Owner, FCOVD, OD



DR. JOE LA PLACA
Founder & Owner, FCOVD, OD

DR. APPELBAUM & DR. LAPLACA

Dr. Appelbaum and Dr. LaPlaca, each with distinct expertise in neuro-optometry and sports vision respectively, have identified a concerning issue regarding screen-induced vision problems.

This common concern led to the collaborative creation of ScreenFit, a program designed to address and alleviate screen-related vision issues, manifesting their holistic approach to eye care and shared mission to unlock individuals' potential while addressing prevalent vision health challenges.

VISION FOUNDATIONS

COURSE OVERVIEW

WEEK

1

BUILDING THE FOUNDATION

In week one you'll make your way through the introduction and then get started on mastering the foundational eye exercises.

WEEK

2

THE EYE-BRAIN CONNECTION

In week two you'll dive a little deeper into periphery, coordination and helping your brain and your eyes work together as a team.

WEEK

3

NAVIGATING SPACE

In week three you'll start to strengthen your focusing systems while exploring the way your eyes track, position and master visual pursuit.

WEEK

4

NEXT LEVEL VISION

In week four you complete some advanced trainings on earlier lessons establishing your visual pursuits system, eye teaming and more.

WEEK

5

SOLID FOUNDATIONS

In week five you'll round things off with a few final lessons and then look at your next steps to maintain your vision progress.

WEEK

6

INTEGRATION & STRENGTH

In the final week, you'll summon the memories of the past weeks and integrate them to ensure your continued success.

“

The only thing
worse than
being blind is
having sight but
no vision.

-
Helen Keller

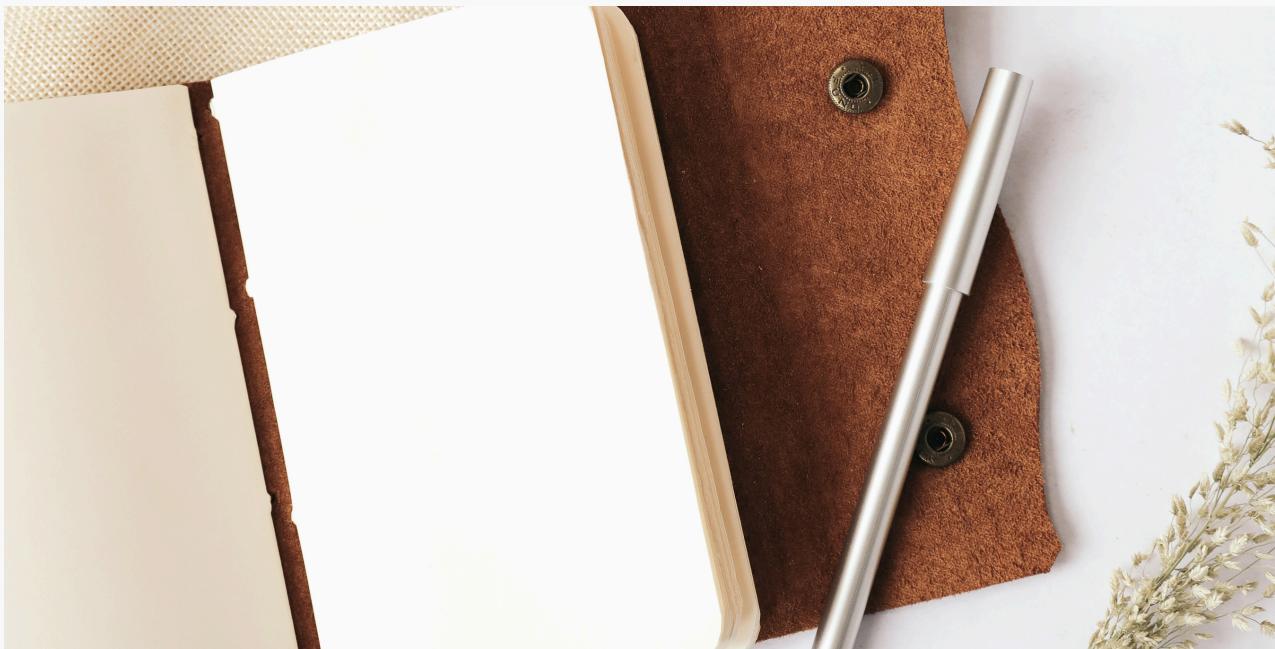


WELCOME MODULE

GETTING OUR VISION BEARINGS

LETS GET STARTED

The Welcome Module kicks things off with a personalized pre-course questionnaire, helping us to tailor the content to your unique needs and making sure we can measure any improvements against your personal benchmark. You'll also find a simple guide to navigate the course, ensuring a seamless learning experience.



NOTES:

Set your own pace. We've structured this course over six weeks with one new lesson per day for 5 days per week, however, we invite you to find the pace that suits you just make sure that you keep up consistent training to get maximum results



YOUR GUIDE TO NAVIGATING THIS COURSE

In this course, your daily navigation is straightforward. Over the next 6 weeks, commit to completing one vision workout each day, 5 days a week.

Start each session by revisiting the exercise from the prior day to reinforce your progress. Bookmark your key resources now so you always know how to get back here.

- Block out 15 minutes a day to complete ScreenFit Exercises (Set a reminder!)
- Each day, repeat the previous day's exercise along with today's exercise
- Make the most of your community and group accountability
- Download this course workbook and keep track of your progress

YOUR COURSE RESOURCES



Course Workbook



Course Platform



Progress Checks



Q&A with Experts



Checklists

PRE-PROGRAM ASSESSMENT

0 - Never
1 - Not Often
2 - Sometimes
3 - Frequently
4 - Always

SCORE COMMENTS

1 Do you actively avoid doing near vision work such as reading?

2 Do you avoid sports and games?

3 Do you experience any burning, itching or watering eyes?

4 Do you experience any headaches while or after doing near vision work?

5 Do you experience blur when looking at near?

6 Do you experience trouble keeping attention centered on reading?

7 Do you fall asleep while reading?

8 Do you feel like your reading comprehension declines over the course of the day (as it wears on)?

9 Do you have a history of being clumsy, accident prone or knocking things over?

10 Do you omit (drop out) small words while reading?

PRE-PROGRAM ASSESSMENT

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	SCORE	COMMENTS
11 Do you have a history of poor or inconsistent performance in sports?	<input type="text"/>	<input type="text"/>
12 Is visual work worse at the end of the day?	<input type="text"/>	<input type="text"/>
13 Do you have any double vision, doubled or overlapping words on page?	<input type="text"/>	<input type="text"/>
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16 Do you have issues losing belongings or misplacing things?	<input type="text"/>	<input type="text"/>
17 Do you have issues with being forgetful or poor memory?	<input type="text"/>	<input type="text"/>
18 Do you have issues with car or motion sickness?	<input type="text"/>	<input type="text"/>
19 Do you have issues with using and planning your time well?	<input type="text"/>	<input type="text"/>
ADD UP YOUR TOTAL SCORE	<input type="text"/>	

VISION FOUNDATIONS

SET-UP CHECKLIST

Let's make sure that you've completed all the set-up steps and ensure you're ready to rock this journey to better vision!



Download the course
workbook and save/print



Completed the preliminary
vision assessment



Reminders set-up to log in
and complete your daily
ScreenFit exercises



Shared your ScreenFit
journey with a friend to
keep you accountable



Bookmarked the course
platform and workbook

NOTES:

What is the number one thing you want to get out of
completing the ScreenFit Program?

QUESTIONS:

WEEK ONE

BUILDING THE FOUNDATION

THE JOURNEY BEGINS

This week is all about laying the groundwork, building strength in your eye muscles, and delving into the intricacies of your focus and pursuit systems. As you progress through Week One, you'll gain a deeper understanding of how your eyes work together and develop essential skills to propel your vision journey forward.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

VISION FOUNDATIONS

WEEK ONE 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 first week of the program.

WORKOUT ONE:

- Pushups for your focusing system

Complete Bonus Lesson 20:20:20 Rule & put a visual reminder on your desk to do this everyday

WORKOUT TWO:

- Pushups for your focusing system
- Eye Stretches

Change your phone & computer settings to enlarge the print on your screen for easier reading

WORKOUT THREE:

- Eye Stretches
- Smooth Tracking

Note down any key insights, differences after completing exercises for one week

WORKOUT FOUR:

- Smooth Tracking
- Palming

WORKOUT FIVE:

- Palming
- Focus Trombone

TIP TAKEAWAY

Use the palming exercise from exercise four whenever you feel yourself getting "visually tense" or in the early stages of a headache to reduce tension.



NOTES & QUESTIONS

WEEK TWO

THE EYE-BRAIN CONNECTION

IT'S ALL ABOUT TEAMWORK

This week, our focus shifts to the periphery, coordination, and the dynamic partnership between your brain and eyes. You'll discover how your brain and eyes can work seamlessly as a team, boosting your ability to focus, track, and respond to visual stimuli with greater efficiency. By the end of Week Two, you'll have unlocked new dimensions of your visual potential, and you'll be well on your way to achieving optimal eye health and clarity.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

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.

WORKOUT SIX:

- Focus Trombone
- Eye Jumps

WORKOUT SEVEN:

- Eye Jumps
- Expanding your Side Vision

WORKOUT EIGHT:

- Expanding your Side Vision
- Two-Eyed Coordination

WORKOUT NINE:

- Two-Eyed Coordination
- Peripheral Pointing

WORKOUT TEN:

- Peripheral Pointing
- Taking in Space

Complete Bonus Lesson

find a good chair and think about upgrading your work chair

Complete Bonus Lesson

reduce glare and consider moving your office around to accommodate less glare

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

WEEK THREE

NAVIGATING SPACE

WHERE LIFE MEETS VISION

Throughout week three, you'll gain a deeper appreciation for the intricate processes that underlie your vision. You'll also develop skills that are fundamental for tasks like reading, sports, and everyday activities, ultimately leading to more efficient and accurate visual performance. By the end of this week, you'll be well on your way to establishing a stronger, more agile visual system.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

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

WORKOUT TWELVE:

- Mirror Eye Movement
- Alphabet Visualization

WORKOUT THIRTEEN:

- Alphabet Visualization
- Eye Squeezes

WORKOUT FOURTEEN:

- Eye Squeezes
- Pendrops

WORKOUT FIFTEEN:

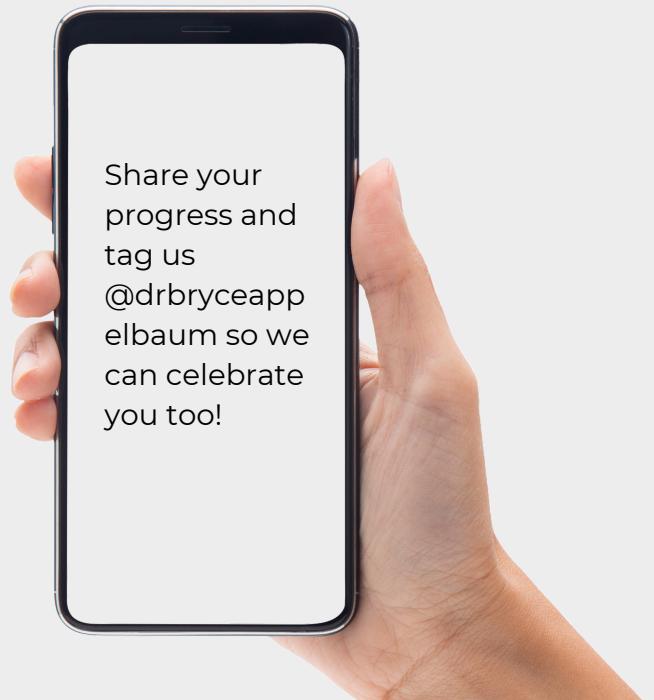
- Pendrops
- Laterality

Complete the Halfway Point Vision Assessment

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

TIP TAKEAWAY

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



NOTES & QUESTIONS

HALF-WAY

ASSESSMENT

0 - Never
1 - Not Often
2 - Sometimes
3 - Frequently
4 - Always

SCORE COMMENTS

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5 Do you experience blur when looking at near?

6 Do you experience trouble keeping attention centered on reading?

7 Do you fall asleep while reading?

8 Do you feel like your reading comprehension declines over the course of the day (as it wears on)?

9 Do you have a history of being clumsy, accident prone or knocking things over?

10 Do you omit (drop out) small words while reading?

HALF-WAY

ASSESSMENT

- 0 - Never
- 1 - Not Often
- 2 - Sometimes
- 3 - Frequently
- 4 - Always

		SCORE	COMMENTS
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18	Do you have issues with car or motion sickness?	<input type="checkbox"/>	
19	Do you have issues with using and planning your time well?	<input type="checkbox"/>	
ADD UP YOUR TOTAL SCORE			<input type="text"/>

WEEK FOUR

NEXT LEVEL VISION

LETS TAKE IT TO THE NEXT LEVEL

In this week, we dive deeper into the lessons from earlier weeks, solidifying your understanding of the visual pursuit system and honing your eye teaming skills through advanced training. Through these exercises, you'll experience a higher level of visual mastery, enabling you to track moving objects with exceptional precision and efficiency. Your eye teaming abilities will become second nature, enhancing your depth perception and 3D vision.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

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

WEEK FIVE

SOLID FOUNDATIONS

WHERE LIFE MEETS VISION

In Week Five the lessons will fine-tune your visual pursuit, eye teaming, and focus systems, ensuring that you're well-equipped to navigate the world with confidence and clarity. This week introduces you to the critical next steps for maintaining and enhancing your vision progress.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

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.

WORKOUT TWENTY ONE:

- Eye Massages
- Focused Eye Tracking

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

WORKOUT TWENTY TWO:

- Focused Eye Tracking
- Large Eye Jumps

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

WORKOUT TWENTY THREE:

- Large Eye Jumps
- Training Your Side Vision

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

WORKOUT TWENTY FOUR:

- Training Your Side Vision
- Mirror Eye Movement
Part Two



TIP TAKEAWAY

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

WORKOUT TWENTY FIVE:

- Mirror Eye Movement
Part Two
- Visual Scan

EYE JUMPS - RESULTS

Right Eye

Left Eye

NOTES & QUESTIONS

WEEK SIX

INTEGRATION & STRENGTH

VISION FOR LIFE

In this final chapter, we invite you to revisit the valuable lessons and experiences from the prior weeks and integrate them into a seamless and sustainable approach for your continued success. As you complete this final week, you'll not only celebrate your achievements but also recognize that your vision is now a valuable asset for the future.



REMINDER

Remember as you log in each day to complete the exercise from the day before to solidify this exercise before moving on to the next. This repetition will help you to build strength and consistency in your vision practice.

POST-PROGRAM ASSESSMENT

0 - Never
1 - Not Often
2 - Sometimes
3 - Frequently
4 - Always

SCORE COMMENTS

1 Do you actively avoid doing near vision work such as reading?

2 Do you avoid sports and games?

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4 Do you experience any headaches while or after doing near vision work?

5 Do you experience blur when looking at near?

6 Do you experience trouble keeping attention centered on reading?

7 Do you fall asleep while reading?

8 Do you feel like your reading comprehension declines over the course of the day (as it wears on)?

9 Do you have a history of being clumsy, accident prone or knocking things over?

10 Do you omit (drop out) small words while reading?

POST-PROGRAM ASSESSMENT

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4 - Always

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19 Do you have issues with using and planning your time well?	<input type="text"/>	<input type="text"/>
ADD UP YOUR TOTAL SCORE	<input type="text"/>	

VISION FOUNDATIONS

WEEK SIX 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 sixth week of the program.

WORKOUT TWENTY SIX:

- Visual Scan
- Figure 8 Fixation

Complete Post Program Questionnaire

WORKOUT TWENTY SEVEN:

- Figure 8 Fixation
- Pyramid Pointing

Complete Feedback Survey

WORKOUT TWENTY EIGHT:

- Pyramid Pointing
- Developing Your Internal GPS

Create reminders to continue practicing your eye workouts

WORKOUT TWENTY NINE:

- Developing Your Internal GPS
- Focusing Flexibility

WORKOUT THIRTY:

- Focusing Flexibility
- Following a Moving Object

TIP TAKEAWAY

Set a goal going forward to incorporate your eye workouts into your daily routine.



EYE JUMPS - RESULTS

Right Eye

Left Eye

MOVING OBJECT - RESULTS

Paragraph 1 Time

Paragraph 2 Time

Paragraph 2 Time

VISION FOUNDATIONS

INTEGRATION PLAN

Now that you've made it to the end of the course have a think about how you might be able to include Screen Fitness into your daily life. You might choose to redo ScreenFit, go on to Vision Stamina or simply set an alarm daily to do an exercise of your choosing.



TIP TAKEAWAY

Pick a time of day where you have an existing routine such as brushing teeth or morning coffee .

Complete Integration plan below to set your goals

Set up notifications so you never miss a workout

Daily Goal

Weekly Goal

I will measure my progress by...

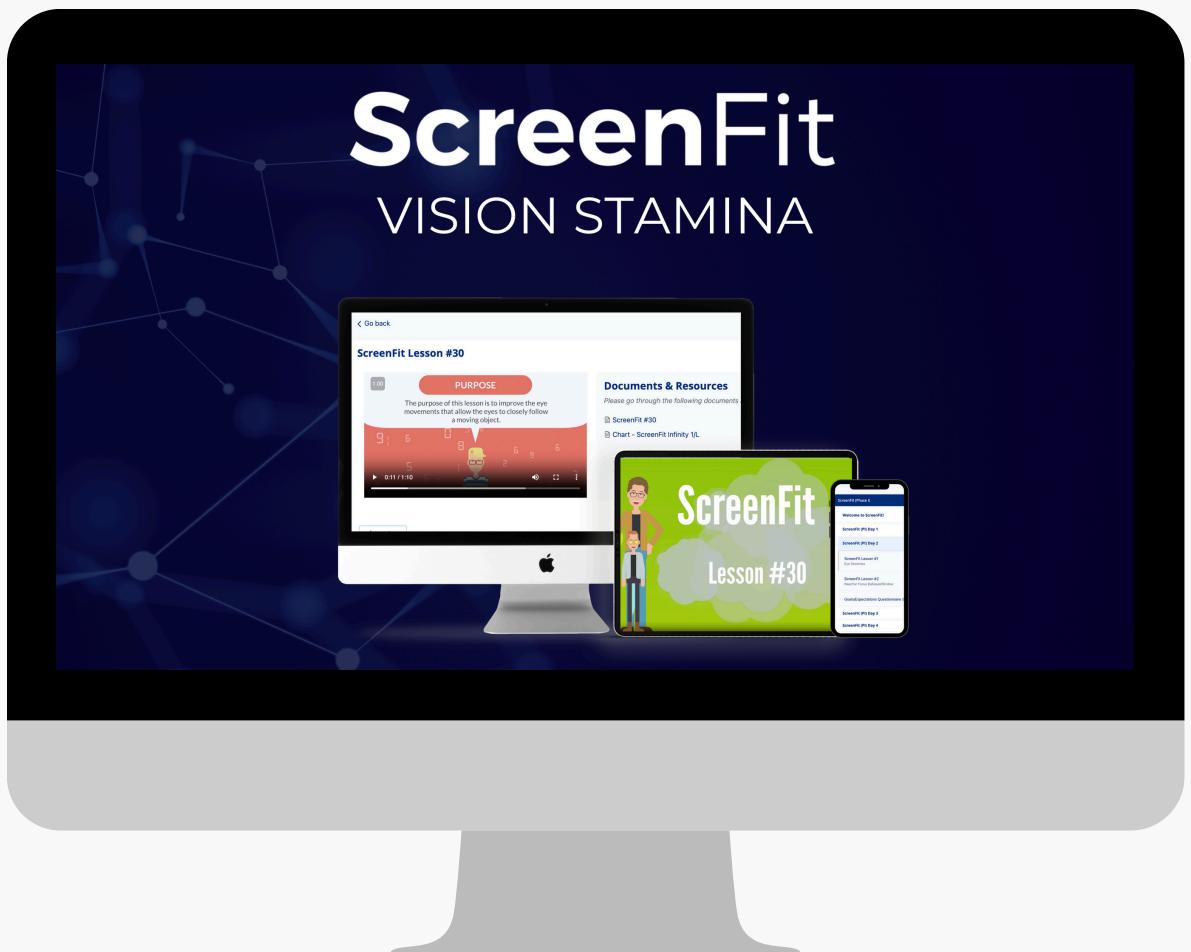
I will use this as a reminder to do vision workouts..

WHATS NEXT?

Vision Stamina is the advanced second phase of our vision training program. Building upon the foundational skills from ScreenFit

Vision Foundations, this course equips you with the visual endurance required to conquer the demands of a screen-centric lifestyle. Say goodbye to visual fatigue and hello to sustained clarity

START VISION
STAMINA



THAT'S A WRAP.

Huge congratulations to you on completing Vision Foundations. We could not be more proud of you!



STAY IN TOUCH
@drbryceappelbaum