

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.

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WORKOUT TWENTY SIX:

- Visual Scan
- Figure 8 Fixation

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Complete Post Program Questionnaire

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WORKOUT TWENTY SEVEN:

- Figure 8 Fixation
- Pyramid Pointing

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Complete Feedback Survey

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WORKOUT TWENTY EIGHT:

- Pyramid Pointing
- Developing Your Internal GPS

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Create reminders to continue practicing your eye workouts

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WORKOUT TWENTY NINE:

- Developing Your Internal GPS
- Focusing Flexibility

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WORKOUT THIRTY:

- Focusing Flexibility
- Following a Moving Object

TIP TAKEAWAY

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



EYE JUMPS - RESULTS

Right Eye

Left Eye

MOVING OBJECT - RESULTS

Paragraph 1 Time

Paragraph 2 Time

Paragraph 2 Time