

Vision Activity Log – Choose just a few that you find appealing

Activity	Sun	Mon	Tue	Wed	Thu	Fri	Sat
No Glasses							
Reduced Glasses							
Palming							
Sunning							
Breathing & Posture							
Yawning							
Self-massage							
Mirror Check for Strain							
Tune Up							
Pinholes							
See Things Moving							
Swaying							
Long Swing							
Sketching							
Shifting							
Centralizing							
Short Swing							
Blinking							
Games							
Trampoline							
Flashing							
Reading							
Eye Chart Sketching							
Reading Small Print							
Computer Activities							
Movies							
Beaded String							
Pencil Shift							
Imagine Near/Far							
Near/Far Shifting							
Walk the Talk							
Visualizations							
Affirmations							
EFT							

These activities are described in the Reclaim Your Eyesight Naturally Guidebook – VisionImprovementCenter.com