



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm-up	1	3 /	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
7	Phantom Sight	1	3 /	/	/	3 /	/	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
6	Relaxed Eyes	1	5 /	/	/	5 /	/	/	5 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
4	Sleepy Eyes	1	/	3 /	/	/	3 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
8	Visualization	1	/	4 /	/	/	4 /	/	4 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
42	Eye Massages 1	1	/	5 /	/	/	5 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
9	Rolling in the Dark	1	/	/	3 /	/	/	3 /	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
17	Trataka	1	/	/	5 /	/	/	5 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
43	Eye Massages 2	1	/	/	5 /	/	/	5 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes	Notes	Notes	Notes	Notes	Notes	Notes
			<b>Time E/A</b>	<b>11 /</b>	<b>15 /</b>	<b>16 /</b>	<b>11 /</b>	<b>15 /</b>	<b>15 /</b>
							<b>Total Weekly Time</b>		<b>99 /</b>
							<b>Average Time per Day</b>		<b>14.1 /</b>



The 15 Minute Fix: VISION

Workout Title: EYE FLEXIBILITY SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm-up	1	Time E/A 3 / Reps/Sets / Notes	/	3 / /	/	3 / /	/	/	
9	Rolling in the Dark	1	Time E/A 3 / Reps/Sets / Notes	/	3 / /	/	3 / /	/	/	
12	Compass Points	1	Time E/A 2 / Reps/Sets / Notes	/	2 / /	/	2 / /	/	/	
28	Writing On The Wall	1	Time E/A 3 / Reps/Sets / Notes	/	3 / /	/	3 / /	/	/	
14	Steady Gaze	1	Time E/A 5 / Reps/Sets / Notes	/	5 / /	/	5 / /	/	/	
20	Figure Eight	1	Time E/A 3 / Reps/Sets / Notes	/	3 / /	/	3 / /	/	/	
24	Text Trombone	1	Time E/A 5 / Reps/Sets / Notes	/	5 / /	/	5 / /	/	/	
34	Right-Left Eye Rotation	1	Time E/A 3 / Reps/Sets / Notes	/	3 / /	/	3 / /	/	/	
45	No Time – Flexibility	3	Time E/A / / Reps/Sets / / Notes	9 / /	/ / /	9 / /	/ / /	9 / /	/ / /	
			<b>Time E/A</b>	<b>27 /</b>	<b>9 /</b>	<b>27 /</b>	<b>9 /</b>	<b>27 /</b>	<b>9 /</b>	<b>0 /</b>
									<b>Total Weekly Time</b>	<b>108 /</b>
									<b>Average Time per Day</b>	<b>15.4 /</b>



The 15 Minute Fix: VISION

Workout Title: CLOSE VISION SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm-up	1	3 /	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
11	Rockin'	1	2 /	/	/	2 /	/	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
25	Pencil Focus	1	4 /	/	/	4 /	/	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
21	Simple Trombone	1	/	3 /	/	/	3 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
31	Study Period	1	/	3 /	/	/	3 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
15	Near-Far	1	/	/	3 /	/	/	3 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
37	Ghost Tracing	1	/	/	3 /	/	/	3 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
23	Complex Trombone	1	/	/	/	/	/	/	10 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
3	Palming	1	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
			<b>Time E/A</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>17 /</b>
<b>Total Weekly Time</b>									<b>95 /</b>
<b>Average Time per Day</b>									<b>13.6 /</b>





Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm-up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
11	Rockin'	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
25	Pencil Focus	1	Time E/A	4 /	/	4 /	/	4 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
35	Pen and Cap	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
21	Simple Trombone	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
27	Distant to Close	1	Time E/A	/	2 /	/	2 /	/	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
41	Toothpicks and Straw	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
17	Trataka	1	Time E/A	/	/	/	/	/	/	5 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
3	Palming	1	Time E/A	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
<b>Time E/A</b>				<b>15 /</b>	<b>15 /</b>	<b>15 /</b>	<b>15 /</b>	<b>15 /</b>	<b>15 /</b>	<b>12 /</b>
<b>Total Weekly Time</b>										<b>102 /</b>
<b>Average Time per Day</b>										<b>14.6 /</b>



The 15 Minute Fix: VISION

Workout Title: PERIPHERAL VISION SAMPLE

Week of: \_\_\_\_\_

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm-up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
18	Four Corners	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
40	Peripheral Posts	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
20	Figure Eight	1	Time E/A	3 /	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
29	Indecisive Hitchhiker	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
19	Big Ben	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
33	Round and Round	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
38	Sideshow	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
3	Palming	1	Time E/A	4 /	4 /	4 /	4 /	4 /	4 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
<b>Time E/A</b>				<b>16 /</b>	<b>16 /</b>	<b>16 /</b>	<b>16 /</b>	<b>16 /</b>	<b>16 /</b>	<b>0 /</b>
<b>Total Weekly Time</b>										<b>96 /</b>
<b>Average Time per Day</b>										<b>13.7 /</b>



The 15 Minute Fix: VISION

Workout Title: TRACKING/SPORTS SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm-up	1	3 /	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
32	Tracing	1	4 /	/	4 /	/	4 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
38	Sideshow	1	3 /	/	3 /	/	3 /	/	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
40	Peripheral Posts	1	/	2 /	/	2 /	/	2 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
36	Mirror Tracking	1	/	5 /	/	5 /	/	5 /	/
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
33	Round and Round	1	/	/	/	/	/	/	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
39	Colored Dot Drill	1	/	/	/	/	/	/	3 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
30	UFO Hunter	1	/	/	/	/	/	/	5 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
3	Palming	1	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /	Reps/Sets /
			Notes						
			<b>Time E/A</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>	<b>18 /</b>
							<b>Total Weekly Time</b>		<b>102 /</b>
							<b>Average Time per Day</b>		<b>14.6 /</b>



The 15 Minute Fix: VISION

Workout Title: DESK WORKOUT SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
5	Blinking	3	/	6 /	6 /	6 /	6 /	6 /	/	
			/	/	/	/	/	/	/	
4	Sleepy Eyes	1	/	3 /	/	3 /	/	3 /	/	
			/	/	/	/	/	/	/	
12	Compass Points	1	/	2 /	/	2 /	/	2 /	/	
			/	/	/	/	/	/	/	
10	Eye Squeeze	1	/	/	3 /	/	3 /	/	/	
			/	/	/	/	/	/	/	
14	Steady Gaze	1	/	/	5 /	/	5 /	/	/	
			/	/	/	/	/	/	/	
19	Big Ben	1	/	3 /	/	3 /	/	3 /	/	
			/	/	/	/	/	/	/	
13	Distance Focusing	1	/	/	3 /	/	3 /	/	/	
			/	/	/	/	/	/	/	
20	Figure Eight	1	/	3 /	/	/	/	3 /	/	
			/	/	/	/	/	/	/	
2	20-20-20	8	/	4 /	4 /	4 /	4 /	4 /	/	
			/	/	/	/	/	/	/	
			<b>Time E/A</b>	<b>0 /</b>	<b>21 /</b>	<b>21 /</b>	<b>18 /</b>	<b>21 /</b>	<b>21 /</b>	<b>0 /</b>
			<b>Total Weekly Time</b>						<b>102 /</b>	
			<b>Average Time per Day</b>						<b>14.6 /</b>	





The 15 Minute Fix: VISION

Workout Title: ON THE GO SAMPLE

Week of: \_\_\_\_\_

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
5	Blinking	4	Time E/A Reps/Sets Notes	/	8 /	8 /	/	8 /	8 /	/
14	Steady Gaze	1	Time E/A Reps/Sets Notes	/	5 /	/	/	5 /	/	/
27	Distant to Close	1	Time E/A Reps/Sets Notes	/	2 /	/	/	2 /	/	/
38	Sideshow	1	Time E/A Reps/Sets Notes	/	3 /	/	/	3 /	/	/
12	Compass Points	1	Time E/A Reps/Sets Notes	/	2 /	/	/	2 /	/	/
32	Tracing	1	Time E/A Reps/Sets Notes	/	/	4 /	/	/	4 /	/
13	Distance Focusing	1	Time E/A Reps/Sets Notes	/	/	3 /	/	/	3 /	/
26	Telescoping	1	Time E/A Reps/Sets Notes	/	/	2 /	/	/	2 /	/
10	Eye Squeeze	2	Time E/A Reps/Sets Notes	/	6 /	6 /	/	6 /	6 /	/
<b>Time E/A</b>				<b>0 /</b>	<b>26 /</b>	<b>23 /</b>	<b>0 /</b>	<b>26 /</b>	<b>23 /</b>	<b>0 /</b>
<b>Total Weekly Time</b>										<b>98 /</b>
<b>Average Time per Day</b>										<b>14.0 /</b>