

20/20

**SUCCESS
JOURNAL**

DAILY JOURNAL

Keeping a journal is a great way to not only stay on top of any improvements in your vision, but stay motivated.

Everyday record your progress. Note what exercises worked well, and which ones were difficult to complete. When you notice an exercise that needs improving, make sure to take time the next day and focus on improving that exercise. Eventually the exercises will be easy to complete without any trouble.

Test your vision every day. Take a measuring tape, and measure the distance between your nose and your blur zone. Measure in the morning and then measure the next morning when your eyes are fresh. Do not measure at night, as your eyes are likely tired and strained from work and other daily activities.

Also using the Acuity Chart, note which line you can read each morning. To make sure the results are consistent, test the Acuity Chart twice – one at 15 inches away from your nose and another test at 10 feet away from your nose. Note any daily changes.

Remember to give your eyes a rest. If you wear corrective lenses, make sure to take time throughout the day and rest your eyes from glasses or contact lenses. Make note of how long each day you spend without your glasses. Eventually you will see this number increase.

Don't forget your diet and your daily affirmation statement. It's important to keep track of what you eat daily. Not only will it motivate you to eat better, it will also show any relation between certain foods and your eyesight improvement. Your daily affirmation statement is an important step to recovery. It forces your mind to train yourself to see without help. Make sticky notes of your daily affirmation statement and place them around your house the night before, so you get a full days view of the statement.

Remember your results will show the next morning. So if you notice your vision has improved, check the day before in your journal and see what you did that day, and repeat it!

Good luck!

Monday

Daily Affirmative Statement: _____!

Daily Vision Improvements:

ACUITY CHART DISTANCE	ACUITY CHART LINE
15 inches	
10 feet	

Distance between nose and blur zone: _____

Food Log: *Have you been eating organic and healthy? Write down what you eat today. Try to improve the level of vitamins and minerals you eat each day.*

BREAKFAST
LUNCH
DINNER
SNACKS

20/20 Protocol Exercise Log: *List which exercises you did today and for how long.*

EXERCISE	DURATION

My daily vision improvements. *Have you noticed any improvements in your vision since doing your daily 20/20 Protocol exercises? List which exercises have improved your vision, and by how much.*

My exercises that need improving. *Did you notice any 20/20 Protocol Exercise that was noticeably more difficult to do than the others? Did you feel any eyestrain while in a certain direction? If so write down what exercise caused the strain and focus the next day on improving that exercise.*

Why do I want to restore my vision? *List reasons why today you want to restore your vision. What will you do once your vision is restored?*

Time spent without glasses or contact lenses: _____

Notes for tomorrow: *List the exercises you need to focus on, and any tips for tomorrow.*

Tuesday

Daily Affirmative Statement: _____!

Daily Vision Improvements:

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Keep up the good work!