

# TWO TARGETS



Step 1: Sit in supportive chair with two objects in front of you about 12 inches apart (finger, pen, or paper with X on front).

Step 2: While maintaining your focus on one of the objects, move your focus to the other object.

As this gets easier, try to speed up the motion of the objects.

To advance, place object of focus on a busy background (wall with pictures, TV, outside).

- Complete this exercise for \_\_\_\_\_ minutes.
- Complete this exercise for \_\_\_\_\_ repetitions.
- Perform this exercise \_\_\_\_\_ times a day.
- Perform this exercise in \_\_\_\_\_ position.