

## CHARTING YOUR PROGRESS

As a person progresses through visual therapy (generally after 4-6 wks) you should start to notice changes/ improvements in a number of areas. Please record your observations. Only mark the relevant ones for this person. Please date comments.

<b>VISUAL COMFORT AND EFFICIENCY</b>		
Eyestrain, redness, watering Headaches Straightness of eyes Fatigue Posture/ closeness to work Concentration Reading for longer		
<b>PERSONAL</b>		
Self-Confidence Frustration Self-esteem Attitude Stress Happiness		
<b>SCHOLASTIC</b>		
Reading ability/ level Accuracy Comprehension Spelling Arithmetic Handwriting Comfort/speed/concentration Homework –ease/speed Application Attention span General quality of sch'lwork Confidence		
<b>SPORT / OTHER RECREATION</b>		
Co-ordination Ball skills		
<b>OTHER</b>		
Anything else that doesn't fit into the above		