



Hart Chart – Focusing Exercise

1. Cut out the 1st small hand held chart.
 2. Post the large letters on a wall about 10 feet away.
 3. With your hand held card at your typical reading length (typically 16 inches), read the first line of small letters aloud.
 4. Now focus on the wall and read the first row of letters again.
 5. Focus back onto the small letters in your hand and read the second row.
 6. Keep switching back and forth, one row at a time.
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- A. Do the full exercise with **one eye** open and the other eye covered by your hand (or a patch).
 - B. Then switch to the **other eye**.
 - C. Then switch back to the first eye, but this time **move the card one inch closer** to your eye for every row of letters you read on the small card.
 - D. Repeat “C” with the **other eye**.
 - E. Then do it at a reading distance of 16” with **both eyes** opened.

Make certain all letters read are crystal clear. If not, you are too far from the wall, or the hand held card is too close.

Do this exercise 5 times per week for 10-15 minutes. Doing it every once in a while is not going to help.

Y L 4 B E A 8 U M H
K 2 D S U 4 L O F Z
H C 7 A E T 3 1 Y R
P B 9 G N 0 5 R V T
L 2 K G B 5 U T 3 D
A W E S 8 R O X N 1
7 A P T 6 E N U R Z
V 4 R 9 S M X 2 J T
S O 2 N 6 E H U 5 W
L 8 V S P D 1 N G 7

Y L 4 B E A 8 U M H
K 2 D S U 4 L O F Z
H C 7 A E T 3 1 Y R
P B 9 G N 0 5 R V T
L 2 K G B 5 U T 3 D
A W E S 8 R O X N 1
7 A P T 6 E N U R Z
V 4 R 9 S M X 2 J T
S O 2 N 6 E H U 5 W
L 8 V S P D 1 N G 7