

Programming Plan

Child: _____ Date: _____



Energize

1. _____

2. _____

3. _____



Choose _____

Restore

1. _____

2. _____

3. _____



Choose _____

Category/Goal: _____



Category/Goal: _____



Category/Goal: _____



Category/Goal: _____



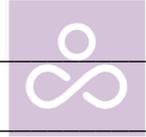
Regroup

Stretching / Vision Break / Respiration

1. _____

2. _____

3. _____



Choose _____

Frequency: _____

Specific Instructions:

Vision Boosts

1. Vertical Shifts
Yes No

2. Horizontal Shifts
Yes No

3. Near/Far Shifts
Yes No

