


## Programming Plan

Child: \_\_\_\_\_ Date: \_\_\_\_\_



**Energize**

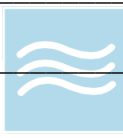
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Choose \_\_\_\_\_

**Restore**


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Choose \_\_\_\_\_

Category/Goal: \_\_\_\_\_

\_\_\_\_\_




Category/Goal: \_\_\_\_\_

\_\_\_\_\_




Category/Goal: \_\_\_\_\_

\_\_\_\_\_



Category/Goal: \_\_\_\_\_

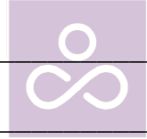
\_\_\_\_\_



**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

