

V3 ATHLETE THERAPY LOG

NAME:

READ THRU PROGRAM: Y N

AGE:

UNDERSTAND WHAT TO EXPECT: Y N

SPORT(S):

POSITION(S):

PLEDGE TO COMMIT: Y N

GOALS:

DOWNLOADED HEMI-SYNC OR BACH: Y N

STATS THAT MATTER TO ME	START DATE:	END DATE:

WEEK ↓	DAY →	1	2	3	4 (XTRA)	5 (XTRA)	LEVEL ENDED AT THIS WEEK
1							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
2							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
3							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
4							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
5							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
6							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
7							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3
8							ACC 1 2 3 4 5 6 7 8 9 10+ PA 1 2 3 B DIV CONV VOR 1 2 3



SPORTS VISION INSTITUTE



THE NERVE HEALTH INSTITUTE

ACC = ACCOMMODATION
 B = BINOCULAR
 PA = PERIPHERAL AWARENESS
 VOR = VESTIBULAR OCULAR REFLEX

DR. LAUREN J. BAILEY, OPTOMETRIC PHYSICIAN

DR. CHRIS CORMIER, CHIROPRACTIC PHYSICIAN

**ACCOMMODATION
(NEAR-FAR)
CHARTS**

ETNZHENLTV
TUTNFATTNT
HOWETNEEPE
JENOEETAPOP
ZVLANUPTLF
PHOVPPNVVM
VNUPAOTHAN
NXNXNZEV TZH
CAT EYNXZTT
ZPFXTXEOEA

1	8	3	8	1	2	7	2	9	5
8	2	4	4	8	7	5	6	6	3
3	0	9	7	3	5	3	8	4	8
7	5	1	3	7	0	9	2	2	1
0	3	5	9	9	3	1	0	9	4
2	9	0	0	8	3	5	8	1	7
7	1	2	5	0	5	8	1	0	0
0	6	5	3	3	2	4	5	2	4
1	0	4	6	4	6	9	7	5	2
5	9	7	9	5	1	7	4	8	1

5 H T E F 1 F 3 H Z
T 2 E 5 N P 4 F 4 T
H N 4 Y 1 N 8 T T 3
8 5 A N 5 V Z E F N
A E P H 3 4 T P 7 1
4 3 O 7 L F X M 2 9
2 N 7 F P I 8 H P L
V P 4 2 7 O W I O E
H O T L T 6 A 4 N 5
J 1 X 5 E 9 5 2 Z N



F H D X B Y Z M G T
 H K Z C P U N A R H
 I P Q C V Z N M J O
 R A W M N V L J G U
 A S C B D S T E Q B
 M A Q C V H A Y Z X
 G I P A D V N M Z T
 U D Y E B A Y Z P K
 L V R I S P X B U F
 O E G H L V A M R Q



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



u P C Y x X O c X p
 H h X Z I b J m s V
 d F r N C Z V t z O
 P q F G X N a N M P
 D S U B e K Q X f Q
 g X H L C h Z i J j
 C N W k l U C S m N
 o C M U Q p C q J T
 H B s R B B t J M B
 u L J B v w J B B Y



PERIPHERAL AWARENESS CHARTS

1

6

3

4

8

5

7

9



12

2

10

15

18

17

16

11

13

14

2

1

8

4

6

1

3

0

2

5

5

3

7

2

8

9



4

2

4

9

0

7

1

9

4

1

3

7

5

2

3

6



A E
A H L
T T A
V N A P
O X A X X L X E Z
P L P V N
V T L
P N V
X



T
8
A
Z
5
N
F
V
7
1
3
A
O
P
8
v
x
T
2
3
v
H
0
2
P
9
8
3
L
T
5
X

