

PART 4:
**Exercise Charts &
Reminder Cards**



Chart 1: Large Scanning Chart

Fold along perforated line before tearing out

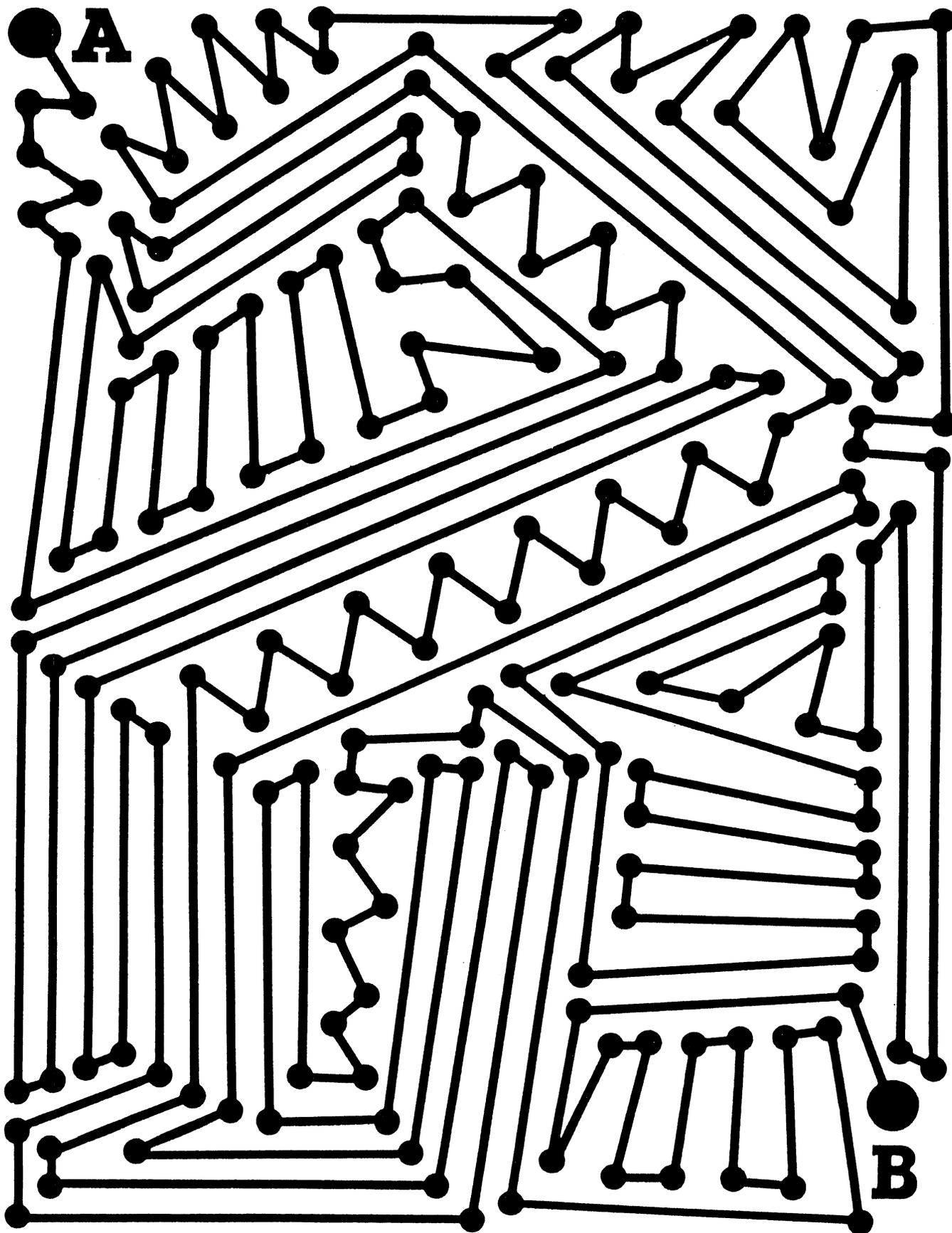


Chart 2: Large Fusion Chart

Fold along perforated line before tearing out



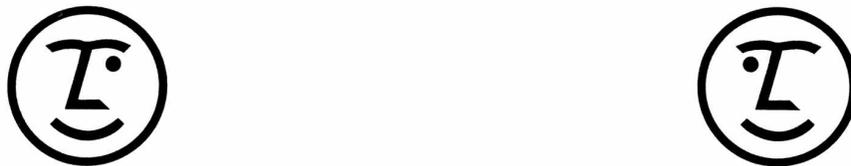
Chart 3: Large Word Chart

01•WISDOM TO WARRIORS WARRIORS TO WISDOM WISDOM TO WARRIORS WARRIORS TO WISDOM WISDOM TO WARRIORS WARRIORS TO WISDOM
02•SUNSHINE NOTABLE PORTUNE RESPECT AMERICA BIG PRODUCE MANAGER FISHING TEMPLE SUMMER LITTLE
04•VENTURE EXPRESS LEISURE MONARCH JACKPOT SURPLUS SAVINGS BECAUSE NATURAL
05•RECEIVE BOUNTY DONATE WONDER LIBRARY LETTER STRONG FREEDOM ZOOM
06•HARVEST REGULAR CONQUER ENTRUST TRIUMPH QUALITY ENDORSE
07•RAPIDLY AMUSING INSPIRE THEATER RAPPORT AMIABLE BINGO
08•TWINKLE PRIVACY LAGOON VILLA ESTATE THERAPY HUG
09•GENUINE COMMAND PEACH SHOW COMFORT FOND
10•DIGNITY PARTNER THRIFT HARMONY PEARL FIT
11•ESTATE DEGREE ANTIQUE MANSION HUMOR
12•DEVELOP PRETTY CAVIAR PUPPY EXPLAIN
13•PERFUME ZOO CORDIAL RESPECT FAIR
14•PALACE HOLIDAY SHINE SNUGGLE
15•EMERALD PROTECT TOUCH HOLD
16•COMFORT RAPTURE TRUST JOY
17•ACTION MUSK CONFIDE HUGE
18•ETERNAL ADMIRE EMPATHY
19•BALLET SINCERE BED GIVE
20•REMEDY PURIFY SURVIVE
21•INSIGHT FUNDING VOW
22•EDUCATE HONEY GOLD
23•EXCITE BOLD PROVIDE
24•AWARD EXTRA REGAL
25•AMIABLE BELLE SUN
26•LISTEN GET SECURE
27•LOVE PEACE LORD
28•HEAVEN OVATION
29•NURSE WEALTHY
30•SERENE FLOWER
31•LOVING FAMILY
32•WORSHIP CHIC

Fold along perforated line before tearing out

Chart 4: Combination Chart

Small Fusion Chart



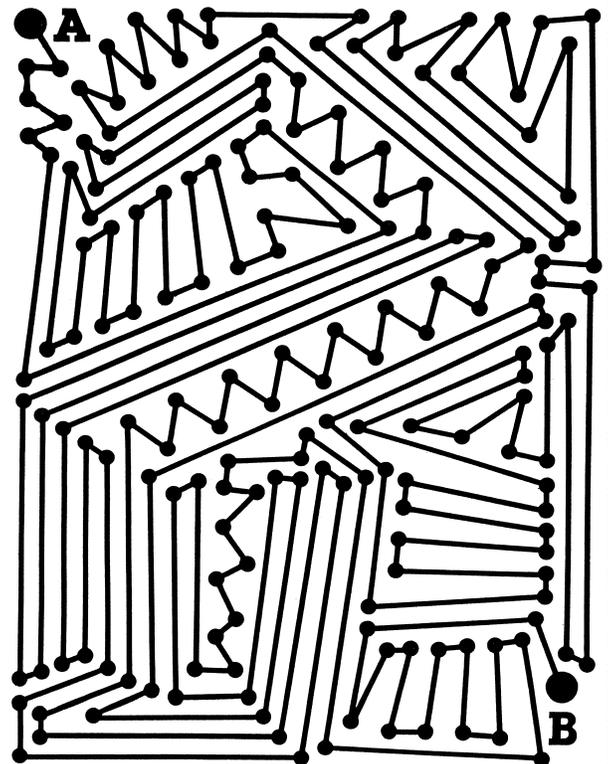
Fold along perforated line before tearing out



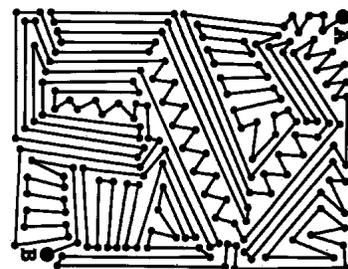
10•HAPPY REGULAR CONSOLE INTEREST TRAVEL QUALITY DESIGN
 11•ESTATE DEGREE ANTIQUE MANSION HUMOR
 12•DEVELOP PRETTY CAVIAR PUPPY EXPLAIN
 13•PERFUME ZOO CORDIAL RESPECT FAIR
 14•PALACE HOLIDAY SHINE SNUGGLE
 15•EMERALD PROTECT TOUCH HOLD
 16•COMFORT RAPTURE TRUST JOY
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 32•WORSHIP CHIC

Small
Word
Charts

Small
Scanning
Charts



10•HAPPY REGULAR CONSOLE INTEREST TRAVEL QUALITY DESIGN
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REMINDER CARDS

Fold along perforated lines before tearing out

BOOKMARK

STOP!

When reading a book, insert this bookmark a few pages ahead. When you get to that page, stop, take a deep breath, repeat an affirmation, and practice these new visual habits:

PUMP
BLINK
BLUR
ZONE

NOW PUT THE BOOKMARK
A FEW PAGES AHEAD AND
CONTINUE READING.



www.seeclearlymethod.com

REMINDER CARD

STOP!

Put this card in a prominent place at home or at work, such as on the bathroom mirror, next to your computer or TV, or beside the door. Whenever you see the card, take a deep breath, repeat an affirmation, and practice these new visual habits:

PUMP
BLINK
BLUR
ZONE



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REMINDER CARD

STOP!

Put this card in a prominent place at home or at work, such as on the bathroom mirror, next to your computer or TV, or beside the door. Whenever you see the card, take a deep breath, repeat an affirmation, and practice these new visual habits:

PUMP
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BLUR
ZONE



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Tell a friend...

If you have friends or relatives who wear glasses or contacts, why not do them a favor and let them know about the See Clearly Method?

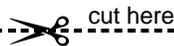
Just write their names and mailing addresses on the cards below, add postage, and mail to us. We'll send information about the See Clearly Method, so they can decide if they'd like to improve their eyesight naturally.

Feel free to attach other names and enclose them in an envelope—or fax your list to us at 641-469-5561. Or, if you prefer, have your friends visit our Web site at www.seeclearlymethod.com for full details and online ordering.

YOUR NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
E-mail Address _____
(Optional)

Yes, I'd like my friend to learn about natural vision improvement. Please send information on the See Clearly Method to:

FRIEND'S NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
E-mail Address _____
(Optional)



YOUR NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
E-mail Address _____
(Optional)

Yes, I'd like my friend to learn about natural vision improvement. Please send information on the See Clearly Method to:

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The See Clearly Method Guarantee

Vision Improvement Technologies (VIT) stands behind the See Clearly Method and believes there is no better home study vision improvement program available today. VIT warrants that a complete set of instructional materials is included in each See Clearly Method Training Kit, and that these materials are new and free from manufacturing defects. If you find that your See Clearly Method Kit does not include the materials described on page 14-16, or includes defective materials, Vision Improvement Technologies will supply these items at no charge.

If you are not satisfied with the results you get from using the See Clearly Method training kit for 30 days as described, you can return it to us for a full refund of the purchase price, less shipping and handling.