



# 20-20-20 Vision Challenge

Give your tired eyes a regular break from screen time with this easy challenge. It literally takes seconds to do.



## WHY

To keep your eyes strong, vision experts suggest looking up from your computer every 20 minutes at something 20 feet away for 20 seconds. 20-20-20. Simple, right?



## WHERE

"Monitor" your screen staring by taping this tracking sheet to the side of your computer monitor—it makes a great reminder, too.



## HOW

Every time you do a 20-20-20 move, just mark the sheet. When it's full, start another one. How many can you collect?

20  
MINUTES

20  
FEET

20  
SECONDS

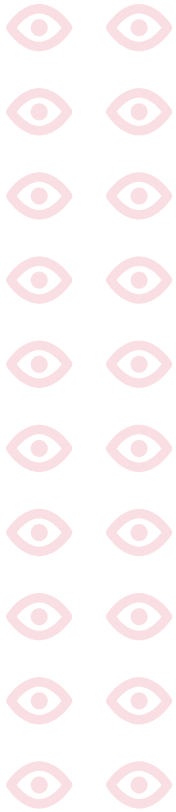




20  
MINUTES

20  
FEET

20  
SECONDS



20  
MINUTES

20  
FEET

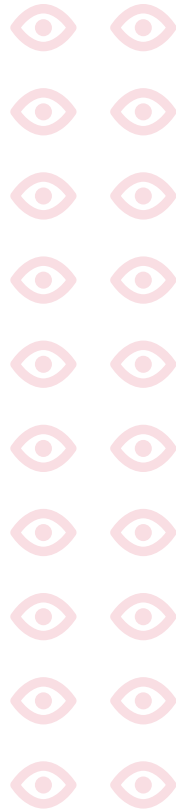
20  
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