



SPORTS PERFORMANCE CHANGES

Everyone experiences changes during and after sports vision training. At first, many of the effects you experience may seem to have little relationship to training activities. But altering vision alters your perception of the physical and personal world around you.

Noticing all those changes provides feedback that is an important part of sports vision training. For that reason, we ask you to take the time now to check off changes you have noticed.

- | | |
|---|--|
| <input type="checkbox"/> Decreased stress | <input type="checkbox"/> Less fatigue |
| <input type="checkbox"/> Less feeling of frustration | <input type="checkbox"/> Greater feeling of comfort |
| <input type="checkbox"/> More awareness of surroundings | <input type="checkbox"/> Feel more relaxed |
| <input type="checkbox"/> Greater awareness of depth perception | <input type="checkbox"/> Better at visualization |
| <input type="checkbox"/> Improved visual recall | <input type="checkbox"/> Better at self-direction |
| <input type="checkbox"/> Improved perceptual skills | <input type="checkbox"/> More coordinated |
| <input type="checkbox"/> Posture has improved | <input type="checkbox"/> Rhythm and timing have improved |
| <input type="checkbox"/> Less awkward or clumsy | <input type="checkbox"/> Better at judging rotation/spin on ball |
| <input type="checkbox"/> Balance has improved | <input type="checkbox"/> Complete tasks in less time |
| <input type="checkbox"/> Better eye-hand coordination | <input type="checkbox"/> Enjoy sports more |
| <input type="checkbox"/> Better at remembering plays | |
| <input type="checkbox"/> Learning new skills more easily | |
| <input type="checkbox"/> More consistent performance from game to game | |
| <input type="checkbox"/> Performance better when moving rather than just standing still | |
| <input type="checkbox"/> Better at knowing where ball or other players are at all times | |

OTHER CHANGES _____

Patients Name: _____ Date Today: _____