



**30-DAY  
CHALLENGE**

# re-focus

Look at something 20 feet / 6 meters away,  
for 20 seconds, every 20 minutes.

1	Done!	2	Done!	3	Done!	4	Done!	5	Done!
6	Done!	7	Done!	8	Done!	9	Done!	10	Done!
11	Done!	12	Done!	13	Done!	14	Done!	15	Done!
16	Done!	17	Done!	18	Done!	19	Done!	20	Done!
21	Done!	22	Done!	23	Done!	24	Done!	25	Done!
26	Done!	27	Done!	28	Done!	29	Done!	30	Done!