

THE EDGE

Track your progress

Name: _____
 Age: _____
 Sport(s): _____
 Position(s): _____

- I have read through the program
- I understand the process
- I am committed to progress over perfection

WEEK	DAY 1	DAY 2	DAY 3	DAY 4 (extra)	DAY 5 (extra)	LEVEL ACHIEVED
1						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
2						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
3						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
4						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
5						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
6						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
7						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N
8						ACC 1 2 3 4 5 6 7 8 9 PA 1 2 3 VOR 1 2 3 Juggling Y N

*** Available with The Edge Plus Program

ACC = Accomodation
 PA = Peripheral awareness
 VOR = Vestibular Ocular Reflex

What aspects of your performance improved during the program?

Did any of your statistics improve during the program?

POWERED BY



**ACCOMMODATION
(NEAR-FAR)
CHARTS**

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

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



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



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



V q R T y X c F E G
 h X F e d Q W n S A
 R t N B n k L o P D
 e F G m H y q D R w
 m g H B P l a D X z
 t G J j K p O E R F
 C V g H e u l L F t
 r G j k P E d Q M j
 T U y P o k x S D x
 L N m w d F G S Z p

PERIPHERAL AWARENESS CHARTS

7

9

1

2

13

15

11



5

14

4

12

17

16

3

8

18

10

6



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



6

5

7

1

4

8

9

2

4

4

7

6

9

3

6

5



0

3

5

2

2

1

0

9

8

9

1

0

4

7

1

3



C 3
L K
4 A H
0 P T
N 2 W 8 R D 1 9 F O
I L E 4 V
S 7 6
5 J 1
L

