

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

20-20-20

視覺挑戰

通過這個簡單的挑戰，讓您疲倦的眼睛定期離開屏幕時間。真的只需要花一秒鐘的時間。



為什麼

為了讓你的眼睛強壯，視力專家建議，每20分鐘，眼睛離開您的電腦，望在20英尺遠的地方20秒。20-20-20。簡單吧？



在哪裡

“控制”您的屏幕時間，將此工作表，貼到電腦的側面-它會給我們很大的提醒。



如何做

每次你做20-20-20視覺挑戰，只需標記工作表即可。什麼時候它填滿了，再開始一張新的工作表。你可以收集多少？



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MINUTES

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FEET

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SECONDS



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