

## **MICHIGAN TRACKING**

### **Saccades**

PURPOSE: To improve fine saccadic accuracy and speed.

PROCEDURE: Therapist, check appropriate procedure:

\_\_\_ 1. On the following worksheet (pg. \_\_\_\_\_), underline the letters starting at the top left hand corner. When you get to the first “a”, circle it and then continue to underline the letters until you get to “b” and circle it. Continue underlining and circling the letters from “a” through “z.” See example. Pencil movement should be continuous and steady without lifting the pencil from the page. Try to be as accurate as possible. If a letter is skipped, you will not be able to complete the entire alphabet. Once you become accurate, start timing yourself and try to become quicker at finishing each section.

\_\_\_ 2. Starting at the top left hand corner, scan each line of letters from left to right using only your eyes. There is no underlining in this step. As you come across each of the letters from “a” through “z,” circle or cross out the letter, as above, but without underlining. Stress accuracy, speed, and no head movement. Record the amount of time it takes to do each paragraph.

### **GOAL FOR THE WEEK:**

---

Handout developed by The Studt Center for Vision Therapy, Southern California College of Optometry, Fullerton CA. Can be modified by the user.

From Scheiman M, Rouse M. Optometric management of learning-related vision problems, 2nd ed. St. Louis: Mosby, 2006.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
lup stewt kog vagy wiz bota flid ru  
wim hovy cruzin dop exus klic stoy  
foix zolt waky sruv bab pugit mon  
vup slah ibet wajer com kroz dant  
teds quiy vad loga muz frander faw  
stowz pade kich ques biff rag jud  
ad yex chiz slind tebac ufal getim  
bivec jof dward deb koil harn gaph  
kugil fot aper jus xandy grex bemz

\_\_\_Min. \_\_\_Sec.

vewp kigan soid boft cuz varim yox  
diz quost mups govin klej hoy frid  
lapol bight rux kony tras mawt col  
fud bidax juny waz kert poil seft  
heg rast loph wame rud nupel zofat  
apert graf zyl bist huc jerd quisk  
mek rog bois zitaf cela bund floh  
dobe maig vize pof wakel yin ched  
bexon kas prid glyph afte ozip mul

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
lin koach vie mond bezy pight rean  
thuz rimp corun fid kost eglin tym  
foll stix mon suar baz nuit gahul  
bram tews ristor jupe kanoy dusen  
zov elea tarx doch gumb thur fres  
eart neg rouf bav sper tique jowk  
ghad blume wref lig disa buc yeth  
foub dey hopen kavi nelow gik beap  
nad cent brex tari yeber alf bitz

\_\_\_Min. \_\_\_Sec.

gok plad yets blom hin cruz waift  
mip doxon surp lym fow tepik hulg  
valz bux foup kric snogh wat quos  
yem irpal tus jave bok dunt coloze  
chep myt grus nabe zrub fod varet  
bicet waul rask spuf tir quech dag  
foid kov leben hac tural exog smid  
kitch laque jod aven fibel wogat  
hegil dax lebay mof kopen zintar

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
afend thox browt gipir kloc shum  
strud jimk logh quemp fow nisk tuy  
koval mus gabz thro naw smit crup  
fruj vox penk yolar dus meft bawc  
yar ching dev wrot ghas pixe buft  
heg quelb daf razkim stey fic kalm  
gune dace kich yax lono bevel apen  
mich pek wabe oxtor fol knogh jid  
tudy cham erd shuz figel nob kavi

\_\_\_Min. \_\_\_Sec.

pok zid smat jey blume gof chup vin  
gynt sird pum lohy quext nik floz  
wak cimur stob gast yun habul pom  
tris daf ojer mun vop spek baze ruc  
quof tues lemb pach nud gerb fawx  
chak gofe hyte perd swiz quib kav  
wix jarb vey zume hif seld cag knet  
malb gen clid pflup voch kang wod  
exerk traf nime casy hoip daz bost

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
gran ker hok molo bose hon lect mot  
pok lud toh pire kol noth frip hul  
kalp quar gub krill harb quot quak  
lirt delb bot jut pob tak dode tup  
hed pon culn tob duan merc buh whuf  
jad quat cran bute fav dio raj dape  
guz quif gulm wrut guel sime guick  
hap klib tubil clew mald pol weck  
mexaf spog cay nage quez girf jemp

\_\_\_Min. \_\_\_Sec.

agen yold thos def ber kloph cote  
phun lix doup hirc kelm tolf kinos  
quom gan quaz juk bog taph kobs pril  
benc sonn jen keorn daf plet fumb  
sur tauf nuze stav houd tere phay  
gesh dil queft guim frid buc guad  
lang sove fach tevip nual dibe yal  
noc hoven mil bony wran lian phen  
clug froxie jemp onby traj zumble

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
hoft arn holby kelm croe peurot ix  
rish dop fult hurs lim kreph thoz  
tifol krik nul guar quim auth quat  
rulk tay suild meve neb poj durat  
ceth boft kalb non rem turz bured  
dir ench verf thay forg chat apite  
bague quide tere gusk malf bache  
deph lect wald mund newk poiv fam  
wemp snal fron mex jop yonde baza

\_\_\_Min. \_\_\_Sec.

arom bixto heen dolk roche hekis  
tuv yiho koder quop frittin phox  
qull gump burs chom maj yaril trun  
jub naboy zaw boken lete naden bom  
razew nush harb tufid zoy cate gud  
gult pamel gues quim flek remb caw  
dil sauf delm gaton fliz bluke jeg  
bol nime hovic pidar mok newek dep  
tane frax basy curit loid zarimp

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z

Denaf xoth towrb. Ripig colk muhs  
durst. Kinj ghol quemp. Wof kish yut  
lavok ums bagz roth. Awn tims purc  
jurf. Vox knep raloy. Sud tfem cawb  
ary ginch ved trow sagh. Lxep tufb  
egh quelb afd. Mikzar stey. Cif malk  
nuge cade kich axy. Nool levib neap  
chim kep. Beaw rotox. Lof ghonk dij.  
Udty mach der. Zush legif bon vaik

\_\_\_Min. \_\_\_Sec.

Opk diz tams. Ejy melub ofg puch niv.  
Tyng dirs mup hylo quext. Lkn zolf  
kaw rumic. Bots tasg uny lubah omp  
sirt adf roje. Num pov keps. Wabe urc  
quof sute blem. Phac und begr waxf.  
Kach foge they drep ziws buiq. Vak  
ixw braj. Yev muze ifh. Dles gac tenk  
blam eng dilc. Fulpp chov knag owd  
kerex tfar. Meni sacy phio zad stob

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
lin chako evi nomd zeby thipg nare.  
Zuth pirm nuroc dif stok. Nileg myt  
loft. Tixs nom raus zab tuin lugah.  
Marb sewt rotsir puje. Yonak nesud  
voz alee. Xart chod bugm turh serf  
trea gen foru. Vab reps tique kowj.  
Dagh meulb fwer ilg sida. Ubc they  
bouf yed neoph vaik. Wolen kig peab  
nad tenc xerb. Rait rebey fal zibt

\_\_\_Min. \_\_\_Sec.

Kog dalp stey molb ihn zurc taiwf  
pim noxod. Prus myl wof kipet ghul.  
Zalv ubx pufo cirk ghons taw. Quos  
mey lairp sut vaej obk tund zoelec  
pech. Tym surg aben burz. Dof terav  
tecib ulaw kars fups. Irt quech adg  
doif vok nebel ach laurt. Goxe misd  
chitk queal doj neav libef tagow.  
Ligeh axd yabel fom nepok ratzin

\_\_\_Min. \_\_\_Sec.



a b c d e f g h i j k l m n o p q r s t u v w x y z  
Ulp sewtt gok gavy ziw toab dilf ur  
miw. Vohy nizurc opd seux ckil. Yots  
foxi tolz kawy vrus bab tigup nom.  
Puv hals biet jawer moc. Zork tand  
sdet youq dav galo zum. Derfran waf  
zowst dape kich ques ibf garf duj  
da. Exy zich dilns cabet lauf miteg  
vibec foj darwd ebd. Loik narh phag  
liguk tof repa suj danxy zerg meb

\_\_\_Min. \_\_\_Sec.

Pwev nagik dois tofb zuc mirav oxy  
zid stouq spum nivog jelk ohy. Dirf  
lopal ghibt urx. Noky sart want loc  
duf daxib nujy. Zaw terk loip tefs  
egh. Srat pholmaew dur lepun tafoz.  
Tearp farg lyz stib uch derj skiqu  
kem gor soib. Fatiz laec dunb holf  
beod gaim zive. Opf lekaw iny dech  
noxeb sak dirp phylg. Afte ozip lum

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
Lits pano derc fym bix omc zeh. Toug  
doj kelh xyp gorw zil fuv tloms. Ikn  
zurt pamg byh pawt vox. Casn quork  
fyrz tuc bise baj. Paz wrenk tux dof  
sawb. Stulh ym dagn evt cerbo tafz  
pegy sbat quach agx chis. Faber zib  
falj deb stehc kog yach nekuh. Bim  
enp lifab bov neoch lyp cwea. Kirg  
roxic ah lerst baye zem plequ chon

\_\_\_Min. \_\_\_Sec.

Niwh gelf sov yexp tial promb zud  
piy nulc gom stid uhk. Perk yos thuw.  
Snat figor quap toz viby. Hawx molk  
tepit dow pacy arj kets rezod. Ulb  
chud zarf pum. Tras nadow feth styb  
dibaz bey wich talp kud gleq durf.  
shom. Dely bith muj davec. Koln ginf  
kilj ewn paox famr leeb. Ropde igf  
dahl loya purg acb stim ratf rebuz

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z

Homz kolle dunth nacke horb kily.  
Cith pyl mofod kuh ther nurvik dit  
lazop juf. Gulo phots taj panil rok  
doj brux. Kalb neb metar tobe. Pord  
api wens suh terbod gaiw reaz bis  
duig. Tympes galue quez lers kugi  
zalc wod snote. Dowil geb kunch num  
morb. Lavih dran wilk romop. Nefag  
gurf nexap morc mayed lozorf geeb

\_\_\_Min. \_\_\_Sec.

Gane futh nebko. Vite sulc dispro  
pirn luit queps upy norf. Muig quoy  
pakab toaj turok rutha kulj. Nait  
sud tojf reak lene ort pent sersom.  
Caib nivart par barco serg. Zife  
bim tupe. Queth tef meger luge mals  
gak liem dacit. Eun howc doiv melbe  
simm rawg zaic. Ferb nam nexder rik  
kalt. Phayb rupeg nohs zirpe duns

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z

Hoilk kotof nacid lamk tofb foko  
tinv kosc. Lopul mordih nert chif  
paj nurog zoj thivar. Olt buk karb  
stolb nauje. Bummy sken fabt nulec.  
Vire dotem geaf ranat daib voeth  
tiept kuig bary quez. Guat yef gil  
gaude calirb vies daboh niwk foet  
chelp. Delgue laxan voke nirw gad.  
Tanb nexirf pemj yoph mozeba felk

\_\_\_Min. \_\_\_Sec.

Geale foo librit hox sich. Todlus  
pikum tilve zop. Rufih guto. Quont  
purth tasb nin moub yarj bakod dup  
noer gelap duf tanb som ferad. Brug  
naif stiv keag. Droif raphes gret  
vuge quev zuig charth scefe. Maiv  
penk. Zobt louh nevaw dolbim mogo  
maje gilowe. Holn kirap sib dexho  
stilul kem megiy nived lezor reub

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z

Foth nar bolhy melk roce toreup. Ix  
shir dop tulf ursh mil cherk zoth.

Lofit rikk lun raug muiq thau quat  
urlk yat duils. Veem ebn jop tarud  
thec fobt klab non mer. Zurt derub  
ird. Chen ferv yath gorf tach taibe  
geuba dequi reet skug falm cheab.

Phed telc dawl dumn wenk voip maf  
mewp nals norf. Mex opj denoy zaab

\_\_\_Min. \_\_\_Sec.

Mora toxib nehe kodl chor sikhe  
vut ihoy redok. Quop nitterf phox  
lulq pumg surb moch maj liray. Nurt  
buj yoban. Waz nekob teel nedan omb  
wezar. Snuh bhar difut yoz teac gud  
tulg lemap suge quim kelf bemr wac.  
Idl faus medl notag zilf kelub. Gej  
olb emin covih radip kom kewen ped  
atne. Xarf saby tiruc doil pimraz

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z  
Narg rek koh mool. Sobe ohn cetl mot.  
Pol dul oth riep lok thon pirf. Uhl  
palk ruaq ugb lirk vhar tquo. Quak  
rilt beld tob tuj bop tak deod upt  
Deh nop nulc bot nuad cerm buh fwuh  
daj quat narc teub vaf iod. Arj pade  
zug quif mulg twur. Luge mise kicgu  
pah blik tubil velc dalm. Olp kwec  
fexam pogs yac gane quez firg pemj

\_\_\_Min. \_\_\_Sec.

Neag doly soth def reb. Pholk toce  
nuph xil poud ghir kelm folt sinok  
mouq. Gan quaz kuj obq phat sobk lirr  
Cneb nons nej roken. Afd telp bumf  
rus faut. Zune tavs dhou teer yaph  
sheg ild queft muig dirf buc. Daug  
galn vose. Fhac pevit laun ebid aly  
onc noveh bilm yon. Mawr nial neph  
gulc oxierf pemj byon jrat blezum

\_\_\_Min. \_\_\_Sec.

a b c d e f g h i j k l m n o p q r s t u v w x y z

Himz lolek thund kance broh yilk  
tich lyp fodom huk reth kipurn tid.  
Pozal fuj loug stoph. Jat linap kor  
jod brux klab neb artem ebot dorp  
ipa Snew hus. Dobert waig zear sib.  
Guid sympet lague quez serl guik  
claz dow eston. Liwod geb knuch min  
borm havil. Nard kwil pomor gafen  
furg panex crom dayem frozol beeg

\_\_\_Min. \_\_\_Sec.

Nage huft koben tive clus prosid  
nirp tuil. Quesp puy fron. Guim quoy  
bakap joat kurot athur. Julk tain  
dus joft kear neel tro nept smoser.  
Abic travin raph corab gers fize  
mib. Pute queth fet greem gule. Sam  
kag miel citad nue. Woch vido belom  
mims warg caiz berf nam drexen. Kir  
kalt baphy guper sohn periz sund

\_\_\_Min. \_\_\_Sec.