

60-30-10 Visual Harmony Calculation Worksheet

Cognitive Load Reduction and Saccadic Scanpath Architecture for Interior Spaces

1. The 60-30-10 Visual Hierarchy Ratio Breakdown

Ratio Share	Target Surfaces & Furnishings	Cognitive & Sensory Function
60% Dominant Base	Walls, primary large area rug, ceiling, large architectural cabinetry.	Establishes spatial figure-ground baseline; calms visual cortex V1/V2 scanning.
30% Secondary Body	Large upholstery (sofa), drapery, accent armchairs, secondary casegoods.	Provides structural contrast and tonal depth without visual clutter.
10% Accent Spark	Throw cushions, fine art focal points, metallic hardware, ceramic decor.	Directs saccadic eye movements to intentional terminal anchors.

2. Room Spatial Distribution Checklist & Formula

Interior Zone	Calculation Method	Common Harmonization Error
Living Room	60% Neutral warm beige • 30% Rich walnut & olive • 10% Burnished brass & rust.	Fragmented 40/30/30 distribution causing saccadic hyperactivity.
Master Bedroom	60% Soft greige linen • 30% Deep slate bedding • 10% Amber glass & ochre.	Over-saturation of 10% accent color causing circadian arousal before sleep.
Dining Room	60% Cream lime-wash walls • 30% Oak table & charcoal chairs • 10% Matte black iron.	Lack of 30% bridging tone, creating jarring binary black/white contrast.