

FIND YOUR STRENGTH

1

Print this page at actual size. You cannot use this chart by looking at it on your computer monitor due to resolution differences.

2

Hold page about 14 inches away from your face. When taking the test, you can wear corrective contact lenses, but not reading glasses.

3

Read the below lines from top to bottom. The line that you can read clearly will determine which strength you need.

If this line is clear, select glasses with a power of **+1.00**

If this line is clear, select glasses with a power of **+1.25**

If this line is clear, select glasses with a power of **+1.50**

If this line is clear, select glasses with a power of **+1.75**

If this line is clear, select glasses with a power of **+2.00**

If this line is clear, select glasses with a power of **+2.25**

If this line is clear, select glasses with a power of **+2.50**

If this line is clear, select glasses with a power of **+2.75**

If this line is clear, select glasses with a power of **+3.00**

If this line is clear, select glasses with a power of **+3.25**

If this line is clear, select glasses with a power of **+3.50**