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

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

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