

READING GLASSES STRENGTH TEST

AN EASY-TO-USE GUIDE

Print this page to fit the page.

If you're wearing glasses take them off.

Hold the paper 12-14 inches from your face

Start reading the chart from the top down.

If you can't read the line, move down to the next.

Repeat until you can clearly read a full line.

Once you reach a row you can comfortably read, that's your strength.



If this text is clear **+1.50** is the right strength for you

If this text is clear **+2.00** is the right strength for you

If this text is clear **+2.50** is the right strength for you

If this text is clear **+3.00** is the right strength for you

safe+
sound
Health

