

Find your reading strength.

A simple starting point for choosing everyday readers.

PRINT FIRST

US Letter (8.5 x 11 in). Print at 100% / Actual size. Turn off Fit to page.
The line below must measure exactly 1 inch (25.4 mm) before you begin.



- 01 In good light, remove reading glasses. If you normally wear prescribed lenses or contacts, ask your eye-care professional how to choose readers.
- 02 Hold this printed sheet 12-14 inches (30-36 cm) from your eyes.
- 03 Begin with the smallest text at the top. Move down until a complete line is comfortably clear without squinting.
- 04 The first clear line suggests a power to try, not a prescription.

READ FROM THE TOP DOWN

Read this whole line clearly? Try **+1.00** readers.

Read this whole line clearly? Try **+1.25** readers.

Read this whole line clearly? Try **+1.50** readers.

Read this whole line clearly? Try **+1.75** readers.

Read this whole line clearly? Try **+2.00** readers.

Read this whole line clearly? Try **+2.25** readers.

Read this whole line clearly? Try **+2.50** readers.

Read this whole line clearly? Try **+2.75** readers.

Read this whole line clearly? Try **+3.00** readers.

Read this whole line clearly? Try **+3.25** readers.

Read this whole line clearly? Try **+3.50** readers.

Read this whole line clearly? Try **+3.75** readers.

Read this whole line clearly? Try **+4.00** readers.

A guide, not an eye exam.

This chart is not clinically validated and does not diagnose vision or eye health.
If no line is clear, your eyes differ, or you have vision concerns, consult an eye-care professional.