

Reading Glasses Test - Strength Guide

Selecting the Proper Strength for Reading Glasses

Step 1: Print eye strength test. Make sure your printer is set to print to size and not scaled to fit paper size. The chart dimensions are exactly 5 inches wide.

Step 2: To find the strength reading glasses you need, read the chart WITHOUT GLASSES from a distance of about 14 inches. The first line you have difficulty reading is the lens strength for the correct optical power (+1.25 - +3.5).

	FOCUS	DIOPTER	
If this line is difficult to read, use	32	+1.25	W E A K E R
If this line is difficult to read, use	26	+1.50	
If this line is difficult to read, use	22	+1.75	
If this line is difficult to read, use	20	+2.00	
If this line is difficult to read, use	18	+2.25	
If this line is difficult to read, use	16	+2.50	S T R O N G E R
If this line is difficult to read, use	14	+2.75	
If this line is difficult to read, use	12	+3.00	
If this line is difficult to read, use	10	+3.50	



Ensure this box measures 1" x 1".