How to find your strength?

To determine the proper strength for your reading glasses, follow the steps below:

1. **Print this file at actual size using 100% scale.**

2. **Hold the page 14 inches away from your face.**

3. **Start reading the chart from top to bottom until you can clearly read a full line.**

+ 1.00 If you can read me clearly, this strength is suggested

+ 1.25 If you can read me clearly, this strength is suggested

+ 1.50 If you can read me clearly, this strength is suggested

+ 1.75 If you can read me clearly, this strength is suggested

+ 2.00 If you can read me clearly, this strength is suggested

+ 2.25 If you can read me clearly, this strength is suggested

+ 2.50 If you can read me clearly, this strength is suggested

+ 2.75 If you can read me clearly, this strength is suggested

+ 3.25 If you can read me clearly, this strength is suggested