

Reading Glasses Strength Test

1. Follow the steps below to determine the proper strength for your reading glasses.
2. Print this file at actual size (100% scale).
3. Hold the page approximately 12-14 inches from your face.
4. Begin reading the chart from top.
5. If you can't read the top line, keep moving down until you can clearly read a line. The strength that works best for you is listed to the left of the line.

+1.00

If you can read this, +1.00 is the proper strength for you.

+1.25

If you can read this, +1.25 is the proper strength for you.

+1.50

If you can read this, +1.50 is the proper strength for you.

+1.75

If you can read this, +1.75 is the proper strength for you.

+2.00

If you can read this, +2.00 is the proper strength for you.

+2.25

If you can read this, +2.25 is the proper strength for you.

+2.50

If you can read this, +2.50 is the proper strength for you.

+2.75

If you can read this, +2.75 is the proper strength for you.

+3.25

If you can read this, +3.25 is the proper strength for you.