Reading Glasses Strength Chart

1. Print this Reading Glasses Strength Chart at actual size.
   
   Once printed, this line should measure 1” in length!
   
2. Hang this chart on a wall, or hold it about fourteen inches from your face.

3. Read from top to bottom without wearing corrective lenses. The chart starts with the smallest text, so you may need to go down several rows before you find a line you can read perfectly well.

   Perform this step one eye at a time. First, cover one eye, and see which line is most legible to the uncovered eye. Then, repeat this process for your second eye.

4. Once you hit a row that looks crystal clear, stop and take note of the power. Your reading glasses strength will likely be close to this number. Or, your eyes might need mismatched strengths!

5. Step 5: Contact an optometrist to confirm the correct reading glasses strength for you.

If this line is clear, use glasses with a power of +1.00

If this line is clear, use glasses with a power of +1.25

If this line is clear, use glasses with a power of +1.50

If this line is clear, use glasses with a power of +1.75

If this line is clear, use glasses with a power of +2.00

If this line is clear, use glasses with a power of +2.25

If this line is clear, use glasses with a power of +2.50

If this line is clear, use glasses with a power of +2.75

If this line is clear, use glasses with a power of +3.00

If this line is clear, use glasses with a power of +3.25

If this line is clear, use glasses with a power of +3.50