

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**