



Eye Chart

Please follow these simple steps to use the eye chart below as a guide to help you discover what strength reading glasses or sun readers are suitable for you.

1. Print this PDF onto A4 paper. This PDF is exactly A4 in size so must be printed onto A4 paper in it's actual size with no page scaling, resizing or fitting selected.
2. Without glasses on, position this page approximately 14 inches or 36 cm from your eyes.
3. Starting at the first line, work your way down the chart shown below.
4. The first line you can read clearly and comfortably indicates a suitable strength.

If you can read this clearly select strength +1.00

If you can read this clearly select strength +1.50

If you can read this clearly select strength +2.00

If you can read this clearly select strength +2.50

If you can read this clearly select strength +3.00

If you can read this clearly select strength +3.50

If you can read this clearly select strength +4.00

Please note: This chart provides a guide for reading or near vision only. Regular eye check-ups by a qualified professional are necessary to determine your eye health and requirements.