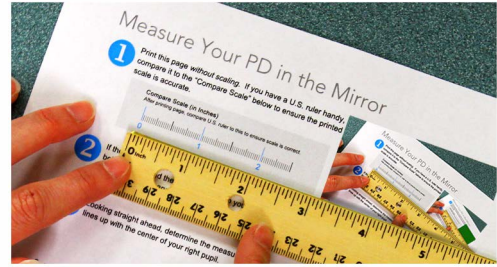
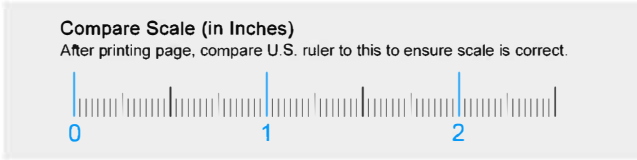


Measure Your PD in the Mirror

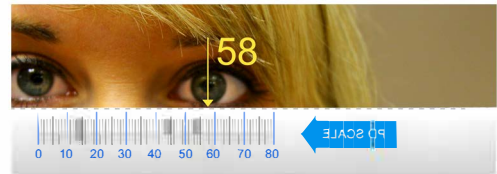
- 1 Print this page *without scaling*. If you have a U.S. ruler handy compare it to the "Compare Scale" below to ensure the printed scale is accurate. (in most cases it will be)



- 2 If the scale is accurate, fold the paper along the dotted line below. Next, hold the PD SCALE up to your nose facing it toward a mirror and place the "0" mark at the center of your left pupil.



- 3 Looking straight ahead, determine the measurement that lines up with the center of your right pupil.



Congratulations! You've determined your PD! Write it down here: _____

↓ FOLD ALONG DOTTED LINE BELOW ↓



- | | |
|---|---|
| <p>1. HOLD THIS SIDE UP TO A MIRROR</p> <p>2. HOLD PAPER STRAIGHT OUT SIDE TO SIDE WITH IT BARELY TOUCHING THE TIP OF YOUR NOSE (DON'T WRAP IT BACKWARD TOWARD YOUR CHEEKS!)</p> <p>3. ALIGN SCALE WITH "0" IN THE CENTER OF YOUR LEFT PUPIL</p> <p>4. FIND WHICH NUMBER ALIGNS WITH THE CENTER OF YOUR RIGHT PUPIL</p> | <p>1. HOLD THIS SIDE UP TO A MIRROR</p> <p>2. HOLD PAPER STRAIGHT OUT SIDE TO SIDE WITH IT BARELY TOUCHING THE TIP OF YOUR NOSE (DON'T WRAP IT BACKWARD TOWARD YOUR CHEEKS!)</p> <p>3. ALIGN SCALE WITH "0" IN THE CENTER OF YOUR LEFT PUPIL</p> <p>4. FIND WHICH NUMBER ALIGNS WITH THE CENTER OF YOUR RIGHT PUPIL</p> |
|---|---|