Instructions:
1. Stand at arm’s length from the grid.
2. Put your glasses on, if you normally wear glasses.
3. Cover one eye.
4. Focus on the dot at the center of the chart, with the uncovered eye.
5. If any lines appear wavy, distorted, or are missing, take note.
6. Repeat the procedure for the other eye.
7. If you note any lines appearing wavy, distorted, or are missing, contact your eye care professional.