

Please do NOT scale or fit this page to your paper size



PRINT

Save this page to your computer and print it out. Make sure not to scale the page as it will change the outcome of the measurement.



CUT

Use a pair of scissors or a Xacto knife to cut the ruler out. Alternatively you can fold the page at the bottom of the ruler and use the edge created instead.



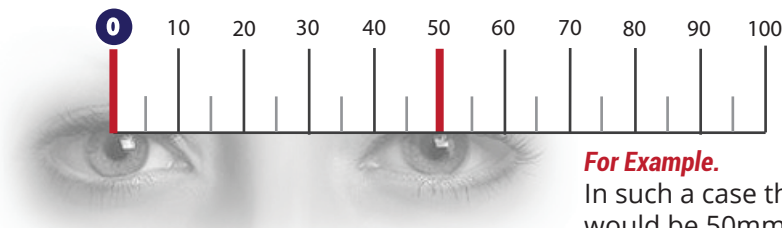
VIEW

For best results in your measurement, try to stand at least 8 inches away from the mirror. When looking at the numbers try to close the eye you are not measuring as not to cause parallax error.



MEASURE

Now you are ready to measure! Hold the ruler up to your forehead, close to the top of your eyes, and mark out the distance between the middle of one pupil to the middle of the other. To help with the measurement, mark it using a non-toxic marker.



For Example.
In such a case the PD would be 50mm

