- 1. Hold the grid about 36 centimeters (14 inches) away.
- 2. Wear your normal reading glasses if you normally use them.
- 3. Cover one eye at a time.
- 4. Focus on the dot at the center of the grid.
- 5. While looking at the center dot, note whether the grid lines appear straight or wavy, blurry, or if there are missing lines or any blind spots.

