

Visual Field Grid

The Visual Field Grid was designed to allow you to map the scotomas (blind spots) in your central vision. It can be used to either monitor your own progress or to explain your vision to others.

1. While gazing toward the center of the grid, close one eye and move forward until one of the oval spots disappears. This is your natural blind spot, which will serve as a benchmark for the distance you will maintain each time you return to the test.

2. While keeping your eye closed, gaze toward the center of the grid and write down, or dictate to someone else, the numbers that are NOT visible. You do not have to be able to identify the numbers peripherally. Rather, you may look away from the center long enough to recognize them and write them down.

3. When all missing numbers have been listed, darken in those squares, including the white outlines around them.

4. Repeat for your other eye.

Eye #1

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81



Eye #2

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81

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Snellen Acuity Chart

On the next page is a chart like your doctor uses to determine your visual acuity. Stand at a distance of 10 feet (approximately 3 meters), and test each eye separately under good light. For those whose loss of acuity goes beyond the chart, here is how the "Count Fingers" method converts to acuity fractions:

CF10' (Count Fingers at 10 feet)	20/800
CF 8'	20/1000
CF 7'	20/1143
CF 6'	20/1333
CF 5'	20/1600
CF 4'	20/2000
CF 3'	20/2666
CF 2'	20/4000
CF 1'	20/8000

	U.S.	Metric
A	20/200	6/60
D F	20/100	6/30
H Z P	20/70	6/21
T X U D	20/50	6/15
Z A D N H	20/40	6/12
P N T U H X	20/30	6/9
U A Z N F D T	20/25	6/7.5
N P H T A F X U	20/20	6/6
X D F H P T Z A N	20/15	6/4.5
F A X T D N H U P Z	20/10	6/3

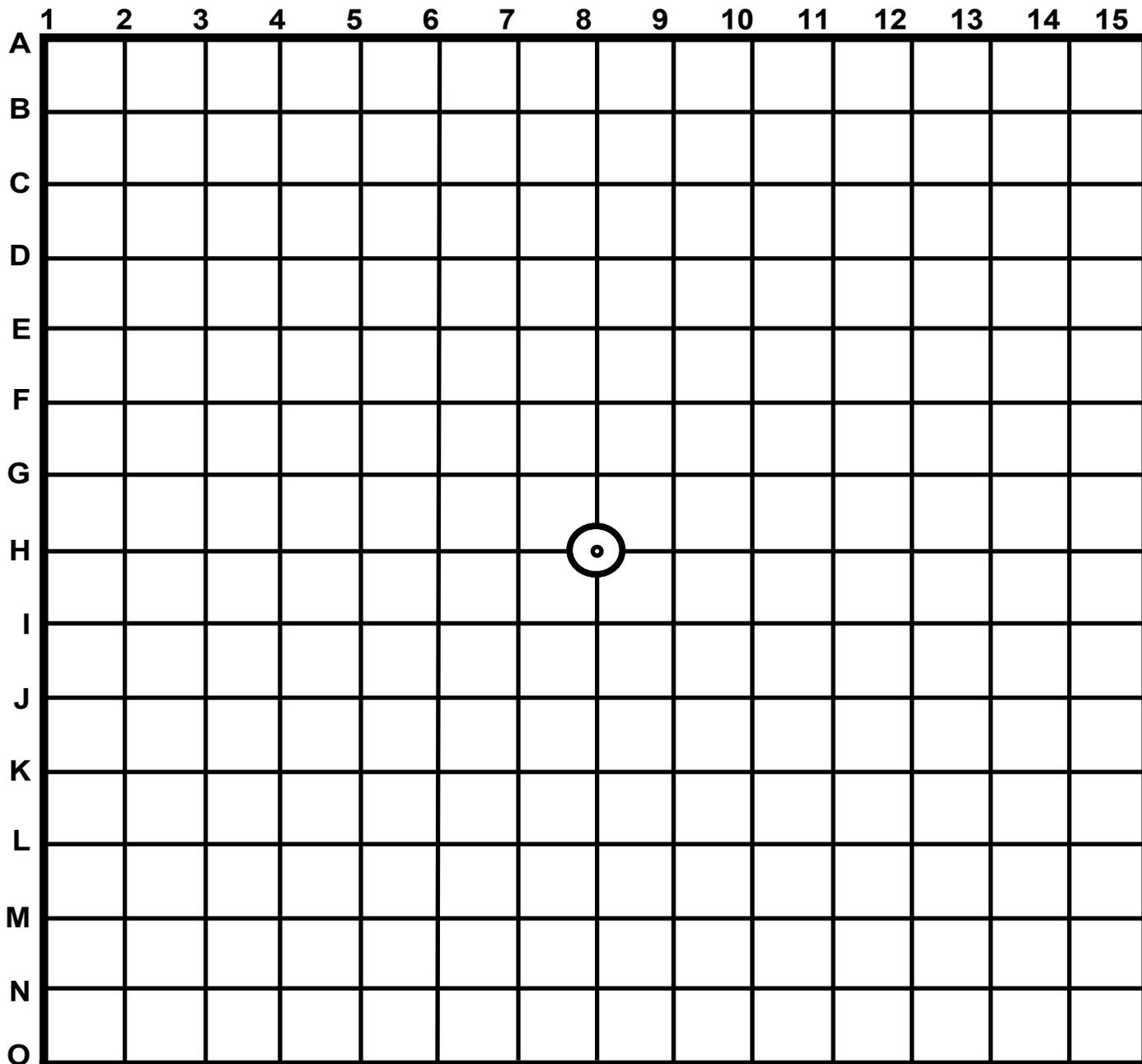
Contrast Sensitivity

Depending on print quality, the average healthy eye can identify most letters on line 5.

1	V	R	S	K	D	R
2	N	H	C	S	O	K
3	S	C	N	O	Z	V
4	C	N	H	Z	O	K
5	N	O	D	V	H	R
6	C	D	N	Z	S	V
7	K	C	H	O	D	K

Hyperacuity Grid

This uses your hyperacuity to easily locate areas of visual distortion possibly caused by blood vessel growth and leakage. Cut out the strip of dots below. Then, with one eye shut, gaze at the center of the graph from a distance of about 12 inches (30 cm). Slide the strip from top to bottom of the grid, marking the location of any dots that fall out of line. Repeat periodically, and report any sudden changes to your doctor.



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