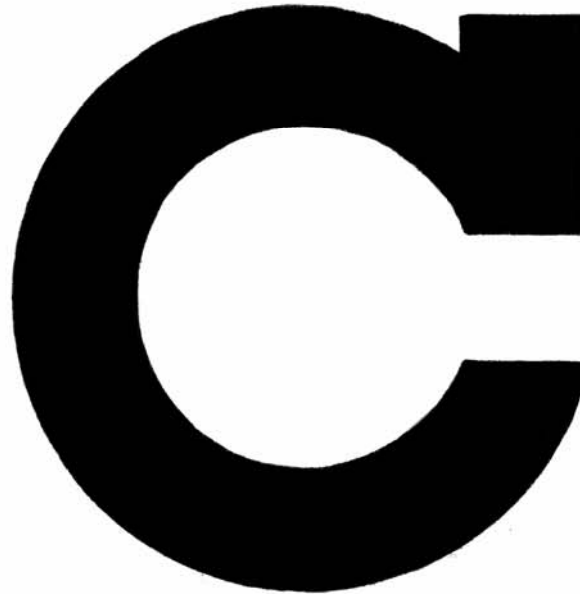


Big C Distant eye chart - test vision at 20 feet.

20/200



20 - Top letter - distance standing from chart.
20 - Bottom letter - line looking at, size of letter.

Bottom letter also indicates the distance a person with clear 20/20 vision can see the letter clear at. Example; 20/200 = person with 20/20 vision can see the 200 line letter, (big C) at 20 feet and up to 200 feet away.

Seeing the 20/20 line letters clear at 20 feet indicates clear (20/20) vision.

Seeing the 20/20 line and smaller letters on the 20/15, 10, 5 lines clear at 20 feet and farther; 25, 30, 40+ feet indicates clearer than 20/20 vision.

Seeing only the larger letters above the 20/20 line clear at 20 feet or closer indicates less clear than 20/20 vision.

Test and improve the vision; shift on the letters with both eyes together, then with one eye at a time, then both together again.

When looking at a letter; Shift small part to small part on the letter.

Shift part to part on letters and shift letter to letter along a line of letters and then to the next line; relaxed, easy, continually.

Avoid staring; let the eyes move.

Movement prevents staring, squinting effort, strain and blur.

The eyes, head/face, neck, shoulders and body are relaxed and move freely.

Move the head/face with the eyes when shifting from part to part, letter to letter.

Allow the eyes to blink, soft and easy.
Breathe slow, abdominal and relax.

Practice with the memory and imagination; remember, imagine the letter clear, dark black. Practice with the eyes open, closed, open.

Notice central fixation; see one letter, one small part of a letter darkest black, clearest at a time in the center of the visual field.

Print a smaller identical copy of the eye chart and place it at a clear close distance. Look at the identical letter at the clear distance to strengthen the memory of the letter seen at the far distance.

20/100

R

B

20/70

T

F

P

20/50

5

c

a

o

20/40

4

k

b

e

r

20/30

3 V Y F P T

20/20

→ 2 Q C O G D □ C

20/15

R Z 3 B 8 S H K F O

20/10

F T Y V P E C □ O B R K 5 6

20/5

BATES METHOD - CLEAR EYESIGHT

Assembled from photo by Clark Night -
www.clearsight.info Sept. 9th, 2008

Print this chart with correct letter size.

See navigation bar, chapter 15 - www.clearsight.info