

Cut this sheet off here and paste on a piece of cardboard. See "How to Practice with the Test Card " in the book  
'Perfect Sight Without Glasses' and Ophthalmologist William H. Bates Better Eyesight Magazine

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200



100



**T F P**

70

**5 c a o**

50

**4 K B E R**

40

30

**3 V Y F P T**

20

**2 Q C O G D □ C**

15

**R Z 3 B 8 S H K F O**

10

**F T Y V P E C □ O B R K 5 6**

**A B C D E F G H I J K L**