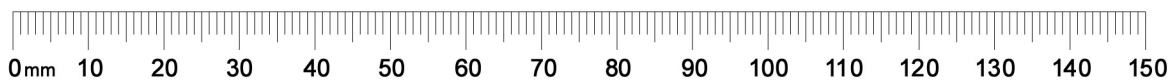


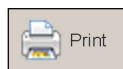
## MEASURING YOUR PUPILLARY DISTANCE (P.D.)

1. Place the millimeter ruler on the bridge of your nose.
2. Have someone face you about arms length away.
3. Have your friend measure the distance between the center of your pupils (the black dots in the middle of your eyes) or you can do it yourself simply by looking in the mirror.



**SIMPLY PRINT AND CUT OUT,  
SEE PRINTING INSTRUCTIONS BELOW:**

**PRINTING INSTRUCTIONS:** In order to print this page in it's exact size simply follow these easy steps:



1. Click on the print icon.

2. The Print Window will open. Make sure all these check boxes are unchecked.

3. Hit the "OK" button.

