



Blind Spot Exercise

Hold the figure about 18 inches from your eyes. Close your left eye, and focus your right eye on the X. The X should be positioned directly in line with your right eye. Now move the figure slowly toward your face, keeping your right eye focused on the X. When the O located to the right of the X disappears, you have found your blind spot.

NOTE: The “X” and the “O” on this test should be 2 ½ inches apart. When printing this document, please be sure that this measurement is correct, or the test will not work as reliably.