Blind Spot Test Card

PRINT AT 100% (ACTUAL SIZE). Do not choose "Fit to page" or "Shrink to fit". Then check the scale line below with a ruler.

Scale check



This line must measure exactly 10 cm. If it does not, reprint at 100%.

1. Hold the card flat, about 45 cm (18 in) from your eyes. That is a bit farther than your elbow-to-fingertip length.
2. Cover one eye with your hand (do not press on it). Look ONLY at the plus sign with the other eye. Do not glance at the target.
3. Slowly move the card closer and farther, a few centimeters at a time. Near the right distance the target vanishes. Stop there and measure.

A. RIGHT eye open (cover your LEFT eye). Look at the plus.



B. LEFT eye open (cover your RIGHT eye). Look at the plus.



C. RIGHT eye open. Look at the plus. Watch the gap in the line as the card moves.



Measure and calculate

The plus-to-target gap on this card is 12.0 cm.

Distance from your eye to the card when the target vanished: _____ cm

Angle of your blind spot = arctan(gap ÷ distance) = arctan(12.0 ÷ _____) = _____ degrees

The optic disc is about 15° from the fovea, so most people find about 12° to 18°.

Quick reference

35 cm gives 18.9°
40 cm gives 16.7°
45 cm gives 14.9°
50 cm gives 13.5°
55 cm gives 12.3°

Using the app too? Enter your distance for each eye in its Blind spot tab (the gap is 12 cm) so Experiment 6 counts on your Score sheet.