

587700 - Adult Near Contrast Test 100%

Testing distance of 16in/40cm

Letter Size	Decimal	LogMar		Distance Equivalents		
				Foot	Meter	Diopters of add for 1M
8.0M	.05	1.3	Z R K D C	20/400	6/120	20D
6.3M	.063	1.2	D N C H V	20/320	6/95	15D
5.0M	.08	1.1	C D H N R	20/250	6/75	12D
4.0M	.10	1.0	R V Z O S	20/200	6/60	10D
3.2M	.12	0.9	O S D V Z	20/160	6/48	8D
2.5M	.16	0.8	N O Z C D	20/125	6/38	6D
2.0M	.20	0.7	R D N S K	20/100	6/30	5D
1.6M	.25	0.6	O K S V Z	20/80	6/24	4D
1.25M	.32	0.5	K S N H O	20/63	6/19	3D
1.0M	.40	0.4	H O V S N	20/50	6/15	2.5D
.80M	.50	0.3	V C S Z H	20/40	6/12	
.63M	.63	0.2	C Z D R V	20/32	6/9.5	
.50M	.80	0.1	S H R Z C	20/25	6/7.5	
.40M	1.0	0.0	D N O K R	20/20	6/6	
.32M	1.25	-0.1	H Z S C V	20/16	6/4.8	
.25M	1.6	-0.2	C K R D Z	20/12.5	6/3.8	
.20M	2.0	-0.3	R D O N K	20/10	6/3	

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Foot	Meter		Letter Size	Decimal
20/100	6/30	My Grandfather was a tailor's cutter. His job was to cut out the cloth used in a factory that manufactured clothes for men and women.	2.0M	.20
20/80	6/24	Even though the scissors were big and heavy, they were made to fit your hand like a glove and they were easy to use.	1.6M	.25
20/63	6/19	Grandfather would then cut through all the cloth layers using the pattern to know the proper shape. Each piece became a part of a suit or coat.	1.25M	.32
20/50	6/15	They would then sew all the pieces together to make a suit or a coat. Grandfather lived about 4 miles from the factory's location.	1.0M	.40
20/40	6/12	He walked to work even if it was raining or snowing. Most of us would want to buy a car or at least take the bus. Cars were very expensive back then.	.80M	.50
20/32	6/9.5	Toys were often left behind and if he couldn't find the little boy or girl that owned the toys he would take the toys home.	.63M	.63
20/20	6/6	He had action figures in one basket and yo-yos in another. The little dolls were in another basket. He shared them with neighborhood kids.	.40M	1.0

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8.0M	.05	1.3	C O H Z V	20/400	6/120	20D
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Foot	Meter		Letter Size	Decimal
20/100	6/30	Green is the new color. It means saving the planet we live in. Green means being eco-friendly and environmentally conscious.	2.0M	.20
20/80	6/24	If Greenhouse gas emissions rise, extreme weather events will be more frequent and fresh drinking water will diminish.	1.6M	.25
20/63	6/19	Footprint is a calculated score of how your actions impact the planet. The litter factor includes all our waste like bottled water.	1.25M	.32
20/50	6/15	You must work to keep your car engine tuned. You might change your house's energy from non-renewable fossil fuel to solar.	1.0M	.40
20/40	6/12	Keep the house temperature down and use a sweater or blanket. I hang wet clothes outside in the summer and unplug the tv's.	.80M	.50
20/32	6/9.5	Use a push mower, or start a compost pile with the family's organic matter like coffee grounds and apple cores to reduce waste.	.63M	.63
20/20	6/6	Have a yard sale to sell rather than discard some good stuff. When you purchase something be sure it is durable.	.40M	1.0

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Foot	Meter		Letter Size	Decimal
20/100	6/30	Every March a special Iditarod Trail Sled-Dog Race takes place in Alaska. The race commemorates dogsled teams that delivered medicine	2.0M	.20
20/80	6/24	on the 1,180 mile trail. Young mushers requested a similar challenge and in 1977 the Junior Iditarod was organized.	1.6M	.25
20/63	6/19	The trail includes a forest and an ice covered river to the Yentna Station. Hungry moose and blowing snow are still present.	1.25M	.32
20/50	6/15	These add challenge to the race. Sudden stops tangle the dogs, causing broken legs. Racers stop to feed the dogs.	1.0M	.40
20/40	6/12	Once the youth reach Yentna, they care for the dogs. A meal of hamburger for the dogs' and straw for bedding is provided.	.80M	.50
20/32	6/9.5	For the return trip head lamps and batteries are vital if the return trip is during the night. Then the racers can see better.	.63M	.63
20/20	6/6	Scholarship funds, new equipment and a trip to attend the finish of the adult Iditarod await the winner each year.	.40M	1.0

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Distance Equivalentents

Foot	Meter		Letter Size	Decimal
20/100	6/30	The eye has 7 million cone cells and more than 100 million rods. The cone cells, in the center of the retina, are sensitive to red and green.	2.0M	.20
20/80	6/24	Rods are near the periphery and allow night vision, brightness perception and the ability to distinguish shapes.	1.6M	.25
20/63	6/19	Every day we use color vision to evaluate situations, often in matters of safety. With age, color vision often deteriorates.	1.25M	.32
20/50	6/15	As a physical attribute, color refers to the sensory characteristic that different spectral dispersions produce.	1.0M	.40
20/40	6/12	This explains why colors cannot normally be seen at night and they are not the same as seen in daylight. Colors can vary in hue.	.80M	.50
20/32	6/9.5	There are two types of color vision deficiencies. Most cases are hereditary, others are acquired or caused by ocular or neurological disease.	.63M	.63
20/20	6/6	In the western world congenital color deficiency occurs in eight percent of men and 0.4 percent of women. This equates to 25 million.	.40M	1.0

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Foot	Meter		Letter Size	Decimal
20/100	6/30	I was new in this town and so I walked leisurely up Market Street beyond the old railroad yard and went as far as Fourth Street. I passed by	2.0M	.20
20/80	6/24	the house of my future wife's father. She was standing at the door, saw me and thought I made a most awkward	1.6M	.25
20/63	6/19	appearance. Then I turned and went up Chestnut Street and down Walnut Street. From my bag of candy I gave the folks I met one each.	1.25M	.32
20/50	6/15	By this time the street had many clean and well-dressed people all walking in the same direction. I was curious as to why. I joined them and	1.0M	.40
20/40	6/12	was led into the great meeting house of the Quakers. I sat down among them and after hearing nothing said, I fell fast asleep.	.80M	.50
20/32	6/9.5	This was the first house I was in, or slept in, in Philadelphia. Looking around at the people, I introduced myself to a young man whose	.63M	.63
20/20	6/6	countenance I liked. I asked if he could tell me where a stranger could get lodging. "Here," said he, "is one place that entertains strangers."	.40M	1.0