The lens is best when cut out of Mylar or PETG sheet that is 0.25mm thick. The best option would be to use a laser cutter, or plotter if available. In that case, youwould be better off with the DXF file which can be downloaded from the GitHub repo: https://github.com/schenkzoola/WalaGoggles/

If laser cutter or plotter is not available, you can use the below image as a template to cut out the lens. Print this page on A4 paper scaled 1:1.
Once printed, ensure that the annotated dimension below is 27.94cm. The holes should be as close as possible to 5.08mm diameter. If you can find a hole punch in that size that would be great. Otherwise, you can cut a small X where each hole is and press the frame hook through it.

27.94