Vis3r Inter-Pupillary Distance Ruler

50 40 30 20 10 0 10 20 30 40 50
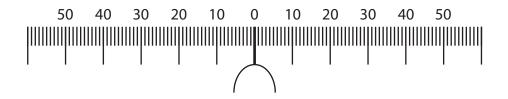
Print it out, tape it to your forehead, then take a selfie...
or ask a friend to help you.

The "0" needs to be exactly on the centre line of your nose

You need to measure the centre point of each pupil