## WRIST SIZE PRINTOUT

```
For best results, check your printer
settings and ensure that the page scal-
ing option is set to NONE. This page
should be printed on full letter size
page. 8 1/2 x 11 inches
To verify that the page is calibrated
correctly, measure the sample below. It
should measure one inch.
```



## INSTRUCTIONS

1. Cut out the ruler to the left
2. Wrap around the wrist with numbers facing out
3. The number that lines up with the 'start here' line is your wrist size
4. Once you have found your wrist size, you can add up to a quarter inch depending on your fit preferences.

This size guide is for approximate sizing only and is not intended to be completely exact.

