

cut here

- 1. Fold the ruler along the fold line to easily cut the circles
- 1. Carefully cut, then unfold the ruler.
- 3. Open the page back up and then place each hole around your nipple.
- 4. Select the hole that fits your nipple most snugly, without any areola present

IMPORTANT! To ensure accurate measurements, make sure to print on LETTER SIZE paper and print to scale: Full Size (100%)



To check printing accuracy, place a US quarter right here to match the size.