



Before you figure out your ring size, you must print this. Please make sure your printer settings are set to "Actual Size" or 100% scale.

With the help of a ruler, measure the line below. It should be exactly 5cm. If not, adjust printer settings as above.



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### Using a ring you already have

Take a ring you already own, such as a wedding band. Adjustable rings will not do. Make sure that your ring is perfectly round (doesn't have any dents or isn't, even slightly bent out of shape) and that the inside of it is perfectly smooth.

Place the ring on one of the below circles (the one that fits closest), making sure that the inner circumference of it is placed exactly on the outer outline of the circle. If the two are not a perfect match, then choose the circle whose size is closest to that of your ring.

The number inside each circle is your ring size!

