

Measuring your wrist:

Step 1: Print

Click the File button on the top left of your computer screen. Click PRINT. Your printer settings should appear. Select the page handling section and make sure the scale option is set to NONE. This ensures printing to scale and now your tape measure is ready to print and use.

Step 2: Measure

Cut out tape. Wrap it around your wrist so that it makes contact with your skin all the way around. Measure tightly and order 1/2" larger.

