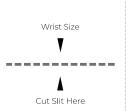
## WRIST SIZER

## PRINT THIS PAGE AND FIND OUT YOUR WRIST SIZE

Print this page at 100% do not scale to fit or shrink to fit!





1. Print out this document at 100% size. Measure the line below to make sure the scale is accurate.



- 2. Once you have ensured the scaling is accurate, cut out the band sizer above using a pair of scissors or a blade.
- 3. Make a slit in the sizer where shown.
- 4. Wrap the band sizer around your wrist, with the end of the band poking through the slit you've made.
- 5. The sizer should fit comfortably around your wrist, adjust it if need be.
- 6. The letter number by the "Wrist Size" in the slit indicates the wrist size.
- 7. Be careful not to pull tightly as this will give an inaccurate size.
- 8. This is only meant as a rough guide and may not be an exact measure.



