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## Here's how you measure your wrist size

Print this page at 100\%. Make sure you don't scale to fit. After you've printed this page, place a credit card in the box below to confirm the scale.


Cut the tool on the right and position the wider end on the center of your wrist.


Determine your wrist size on the printed ruler.


Tightly place the cut out around your wrist.

## No printer on hand?

Don't worry if you don't have a printer available. Grab a long piece of paper, or a cord an proceed with these instructions.


Note: You may enter your measurements in inches, if you don't have a metric ruler on hand


