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1. Cut the tool. Position the wider end where you would wear a watch. For more accurate measurement you can use a piece of sticky tape to hold the wider end in place.
2. Wrap tool tightly around your wrist, keeping it in place where you would wear a watch. Make sure the tool feels snug and doesn't slide up or down your wrist.
3. Note the color the half arrows point to - that is your band size.
4. If the half arrows land between two colors, choose the smaller of the two colors.

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