

A

B

Wrist Measurement

Scissor Free:

1. Fold the paper back along the dotted line on the left marked "A" and crease it well.
2. Fold the paper forward on the crease mark and crease it.
3. Repeat Steps 1 and 2 several times until the fold lines sharpen.
4. Smooth out the paper and begin tearing from the top.
5. Wrap the paper around your wrist. Make sure the wording is facing outward.
6. Once the paper has overlapped, you can see the dotted line and the letter "A" from below. The dotted line will help you mark where it starts to overlap.

Ex: If your wrist is a size 7, the letter "A" and the dotted line will be shown through the paper.

Backup (Scissor Method):

1. Cut along the slip marked "B".
2. Fold the top part where the letter "B" is located in half (you only need to fold where the letter is located).
3. Make a small cut along the dotted line underneath the letter.
4. Wrap the paper around your wrist and pull the arrow through until it snugly fits around your wrist.
5. Where it rests will help determine your measurement. Mark this point with a pen.

