

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.

5cm

2. Once you have ensured the scaling is accurate, cut out the band sizer above using a pair of scissors.

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.

