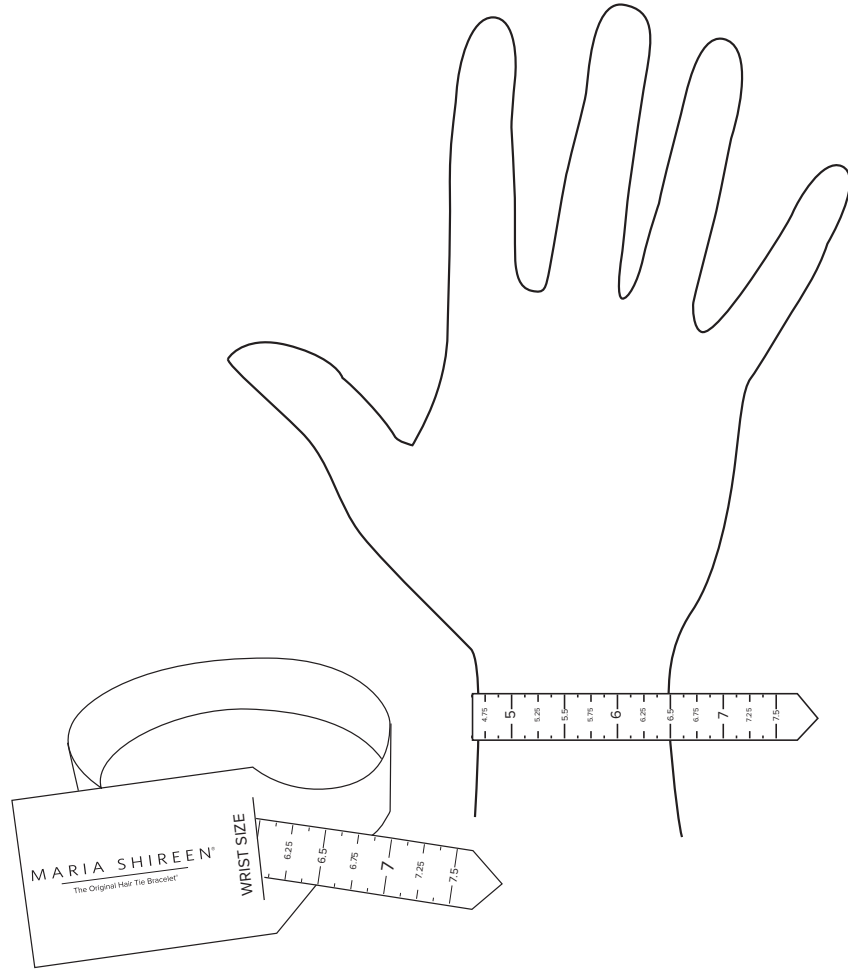
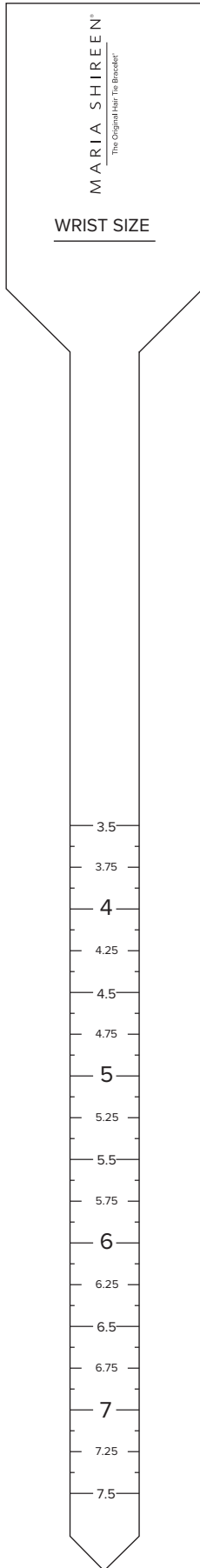


# WRIST MEASURING GUIDE

VERIFY THAT THIS BOX IS 8.5 INCHES LONG WITH A RULER.



## HOW TO USE IT:

### 1. DOWNLOAD AND PRINT THIS PAGE

- MAKE SURE YOU ARE PRINTING ON LETTER SIZE PAPER.
- MAKE SURE IT IS SET TO 100% SCALING.
- MAKE SURE THE REDUCE TO FIT PAGE SIZE IS NOT CHECKED.
- VERIFY BLACK BOX IS 8.5 INCHES LONG WITH A RULER.

### 2. FOLLOW THE SCISSOR ICONS TO CUT OUT THE WRIST SIZER.

### 3. WRAP THE SIZER AROUND THE PERSON'S WRIST WITH THE NUMBER SIDE FACING OUT.

- SLIDE THE ARROW-SHAPED END OF THE SIZER THROUGH THE WRIST SIZE SLIT.
- MAKE SURE YOU MEASURE IT TIGHT, BUT PULLING TOO TIGHT WILL RIP THE PAPER.

### 4. NOTE THE MEASUREMENT THAT IS CLOSEST TO THE LINE.

MARIA SHIREEN®

The Original Hair Tie Bracelet®