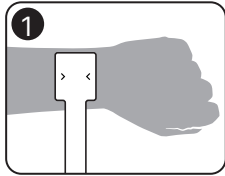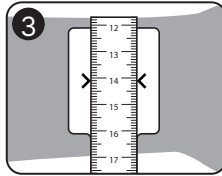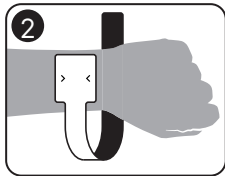# Here's how you measure your wrist size

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.

① Cut the tool on the right and position the wider end on the center of your wrist.
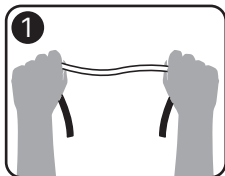
② Tightly place the cut out around your wrist.

③ Determine your wrist size on the printed ruler.
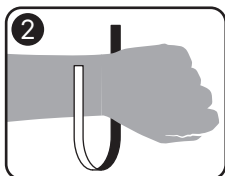
No printer on hand?

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.
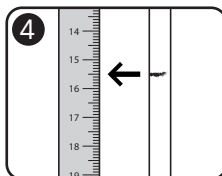
① Find a long piece of paper or a cord or anything else that fits around your wrist.

② Wrap it around your wrist tightly.

③ Mark the place where it overlaps.

④ Place the strip next to a ruler and measure the length.

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

Place an ID / Credit card here

Use this as reference to check if the template has been printed in the correct scale.

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