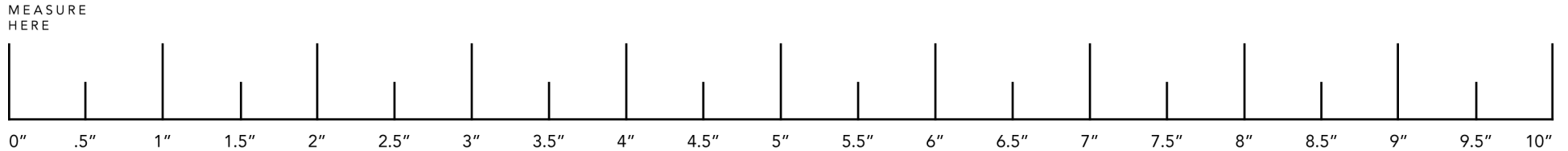


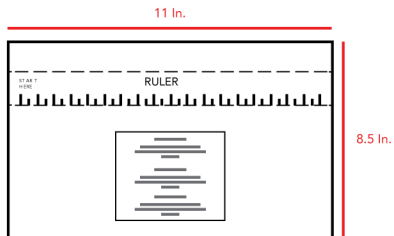
DETACH HERE FOR BEST MEASUREMENT

Measured in Inches



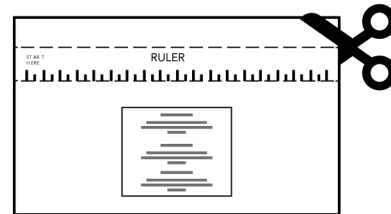
INSTRUCTIONS

STEP 1: PRINT



Print on 11x8.5 **landscape**, US Letter size paper, with a scale at 100%, and be sure to deselect "Fit To Page".

STEP 2: DETACH RULER



Tear or cut along the dotted lines to get the most precise measurement of your wrist.

STEP 3: MEASURE



Put the "MEASURE HERE" marker on your wrist right below the wrist bone, and wrap around your wrist to snugly fit the measuring tape. Once you have aligned the measuring tape around your wrist read the number that most closely aligns to the "MEASURE HERE" marker.