

# Caroline Rocha

WRIST SIZING GUIDE

## WIDTH SIZES

Small	1.25 in
Medium	1.75 in
Large	2.25 in
Extra Large	2.75 in

## LENGTH SIZES

Extra Small/Small	5.5 in - 6.5 in
Small/Medium	6.5 in - 7 in
Medium/Large	7 in - 7.5 in
Large/Extra Large	7.5 in - 8.5 in

## INSTRUCTIONS

- 1 Print out this page at 100%. Do not scale to fit.
- 2 Cut out the entire colored sample band.
- 3 Hold up the sample band to your wrist to decide which width you like. Feel free to glance at the "Width" section on our website to explore what we offer.
- 4 Cut along one of the vertical dotted lines corresponding to which width size you prefer.
- 5 Wrap the sample band around your wrist, keeping the end with the arrow on top.
- 6 Make sure the band lays flat against your wrist, and is snug, but not too tight.
- 7 Pick the size the arrow is pointing to, and you're done!

## Still Unsure?

Please contact us at [info@carolinerocha.com](mailto:info@carolinerocha.com)!  
We will be happy to talk with you to find your perfect fit!

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