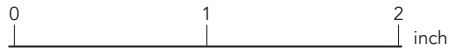
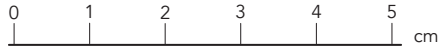


SIZING GUIDE

1. On your print dialog box, make sure the page scaling is set to '100%'.
Use a ruler to confirm accuracy with sample below.



2. Print this page and carefully cut out both sizes. Cut slit where it indicates (start here).
3. Wrap the ruler around your wrist, ankle or finger to determine your size, by inserting the pointed end through the slit. The number where it overlaps is your size.

