# Bello Belts -- Printable Measuring Tape

## How to Assemble
1. Cut out as many strips of measuring tape below that you need to fit around your waist or hips.
2. Place the right side of each strip on top of the left side of the following strip so the numbers line up. The shaded area should be covered by the top strip. Secure with tape.

## How to Measure
Decide where you want to wear your belt. Wrap the tape measure around that area and round up to the nearest inch. For jeans/pants we suggest wrapping the tape measure through your belt loops.

**For Men:** This is your belt size. No need to add to your pants size if you measure.
**For Women:** Choose a belt size that has this number of inches in the fit range.