

## Measuring your wrist:

### Step 1: Print Document

Click the File button on the top left corner of your computer screen. Click the Print command. Your printer settings should appear. Select the page handling section and make sure the Scale option is set to None. You may now print and use the tape measure provided in this document.

### Step 2: Measure your wrist:

Make sure that you wrap the measuring tape around your wrist bone so that it makes contact with your skin all the way around. Measure tightly and order 1/2 inch larger.

#### Available sizes:

(please choose at checkout)

6"

6.5"

7"



# A.FIER

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LIFESTYLE