

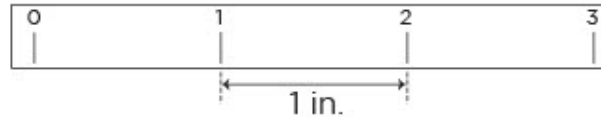
# WRIST MEASURING TOOL

## 1 BEFORE PRINTING THIS PAGE

- For this tool to be accurate, review your printer settings first
- Make sure page size is set to **LETTER** 8.5 x 11 inches
- Scaling should be at **100%** for printing the PDF

## 2 CHECK PRINT OUT ACCURACY

To confirm accuracy of the print out use a ruler to measure the one-inch marker in the sample box below. If it does not match exactly, your wrist measurement will be incorrect.



## 3 HOW TO MEASURE YOUR WRIST

1. Print and cut out the paper measuring tape
2. Make sure the numbers are facing the outside. Wrap the sizer around the wrist just below the wrist bone where the bracelet will sit.
3. Slide the pointed end through the small opening (cut dotted line) and gently adjust the sizer so that it is snug.
4. Note the wrist size, if the number falls in between measurements round up. Once you have the wrist size add the measurement listed in Step 4 to get the correct bracelet size.

## 4 TO FIND THE BRACELET SIZE ADD THE FOLLOWING TO THE WRIST MEASUREMENT

**For Babies** - wrist size up to 5 inches ADD  $\frac{1}{2}$ "

**For Children** - wrist size of  $5\frac{1}{2}$  inches ADD  $\frac{3}{4}$ "

**For Teens & Adults** - wrist size 6 inches and above ADD  $\frac{3}{4}$ " - 1"

