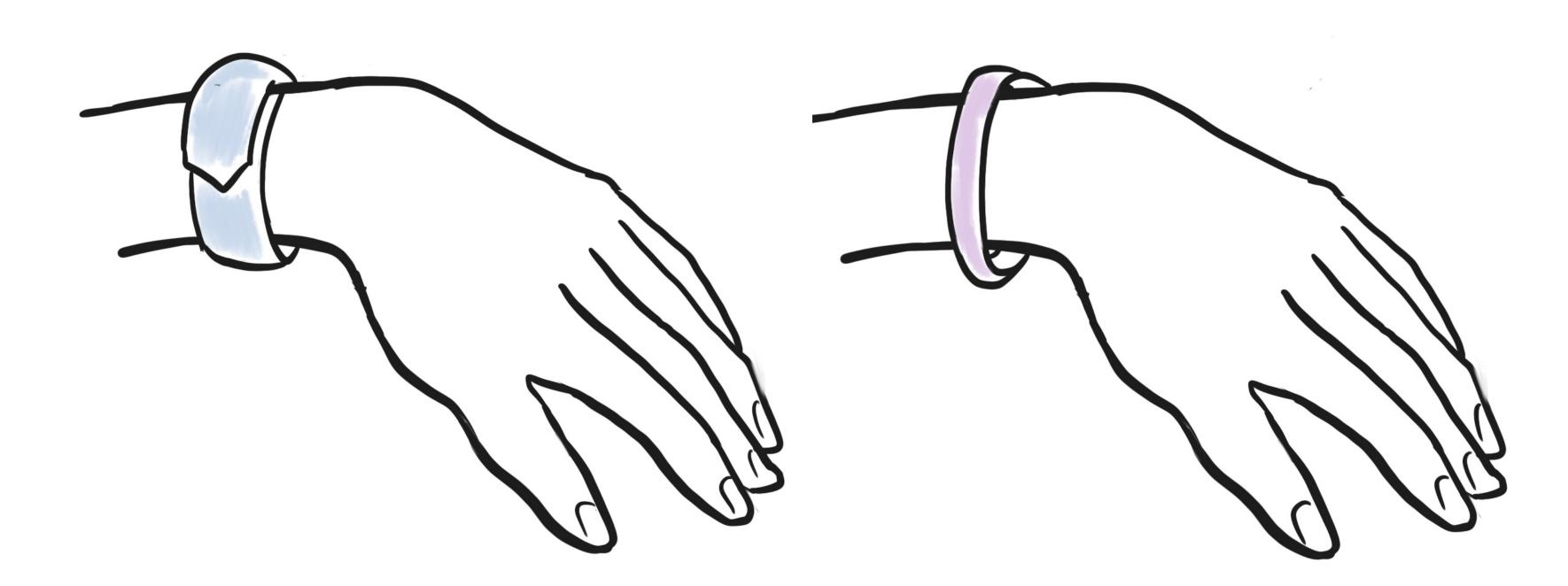
PRINT SETUP

For the most accurate measurement, make sure the Page Scaling option is set to "none" in the print dialog box of your printer preferences.

The Wrist Sizer must be printed on a full 8.5° x 11° (letter size) page. To verify that the Wrist Sizer has been printed properly, use a ruler to measure the increments on the sizer.

HOW TO USE

- 1. Print and cut out the paper Wrist Sizer.
- 2. Wrap the sizer around your wrist. Measure just up from your wrist bone.
- 3. Match the corresponding number that lines up with the edge of the slit with chart below. You can then add or subtract up to a 1/2 centimeter according to whether you prefer a loose, exact, or tight fit.



Wrist Size	Measurement (cm)
6	16.5
6.25	17.15
6.50	17.75
6.75	18.5
7	19