WRIST SIZER

STANDARD BRACELET SIZES

◆ Standard bracelet size for women is between 6.75 – 7” (17.15 – 17.78 cm)
◆ Standard bracelet size for men is 7.5 – 8” (19.05 – 20.32 cm)

**note the above sizes may differ by manufacturer and model, but is a good indicator.**

INSTRUCTIONS

1. Prior to printing out the attached ruler, ensure that page scaling is set to “none” On your print dialog box. The ruler must be printed out on standard paper. (8 ½ x 11 inches)

2. To make certain the wrist sizer has been printed properly, take a ruler and measure the sample below.

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0 cm 1 2
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It should measure exactly 2 cm

3. Cut out the Wrist Sizer and follow the instructions below.

◆ Make certain the numbers are on the outside of the paper Wrist Sizer and insert the pointed end through the opening you cut at the bottom of the Sizer.

◆ Place your hand through the Wrist Sizer and pull the pointed end until it fits comfortably on your wrist.

◆ The number that lines up with the edges of the opening is the size of your wrist.

4. You can always use a tape measure as well, or if need be, take a piece of string or ribbon and wrap it around your wrist and measure the length against a ruler.