

## **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)

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



- 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.

<sup>\*\*</sup> note the above sizes may differ by manufacturer and model, but is a good indicator.