

## Let's find your wrist size.

For the most accurate wrist size, review your printer settings first. Page Scaling should be set to "none" and the PDF prints at 100%.

To make sure you printed at 100%, place a credit or ID card in the box below. If it's an exact fit, you're good to go.

- 1 Cut out the paper wrist sizer and follow the instructions below.
- 2 Cut a slit on the sizer where it indicates [cut here].
- 3 Wrap the tool tightly around your wrist, keeping it in place where you would wear a watch. Make sure the tool feels snug and doesn't slide up or down.
- 4 Note the number the arrows point to — that's your wrist size.

Place a credit or ID card here to confirm that the tool printed at 100%.

