How to use it:

1. DOWNLOAD and PRINT this page
   - Make sure you are printing on LETTER size paper.
   - Make sure it is set to 100% scaling.
   - Make sure the Reduce to Fit Page Size is NOT checked.
   - VERIFY black box is 8.5 inches long with a ruler OR by using the short side of a LETTER sized piece of paper (8.5” x 11”).

2. Follow the scissor icons to cut out the wrist sizer.

3. Wrap the sizer around the person’s wrist with the number side facing out.
   - Slide the arrow-shaped end of the sizer through the Wrist Size slit.
   - Make sure you measure it tight, but pulling too tight will rip the paper.

4. Note the measurement that is closest to the line.

5. IMPORTANT! ADD the following amount to the measurement to get the correct size of bracelet you should purchase:
   - ADD 1/2 inch for all wrist sizes 5 inches and under.
   - ADD 3/4 inch for all wrist sizes from 5.25 to 6.0 inches
   - ADD 1 inch for all wrist sizes from 6.25 inches and up.