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## HOW TO PRINT THE RULER AND BRACELET SIZER

- \*Before printing the sizing guide, be sure that your printer options are set to print to actual size. Do not scale to fit.
- \*\*To verify that the sizing guide has printed correctly, measure the sample below with a ruler. It should measure exactly 2 cm.

## HOW TOMEASURE YOUR WRISTSIZE

- Cut out the ruler on the right hand side of the page. Make a slit in the ruler as indicated.
- Insert the pointed end of the ruler into the slit to form a loop, making sure the numbers are facing outwards. Insert your wrist into the loop. Pull on the pointed end to tighten it to a comfortable fit around your wrist, as tight or loose as you like.
- Make a note of the number at the slit: this is your bracelet size.
- You can also use a measuring tape or a length of ribbon or cord.
  Wrap it around your wrist and then measure the length with a ruler.