



How to use this wrist sizer:

- Print out the wrist sizer
- Cut out the paper wrist sizer along the dotted lines
- Cut along the black dotted lines inside the ruler
- Make sure that the numbers are on the outside
- Place the wrist sizer around your wrist.
- Make sure it fits comfortably on your wrist
- Pull the wrist sizer through the opening
- The size of the wrist is the number that lines up with the edges