



MEASURING YOUR WRIST

STEP 1: PRINT DOCUMENT

Use your ruler and measure this printout to insure the tape measures 9 inches exactly. If the ruler on this document does not match up to your ruler than your printer settings must be corrected. To make the corrections you must click on the FILE button in the top left corner of your computer screen. click on the PRINT command. Your printer settings should appear. Select the page handling section and make sure the SCALE option is set to NONE. YOU may now print and use the tape measure provided in this document.



STEP 2: MEASURE YOUR WRIST

Make sure that you wrap the measuring tape around your wrist bone so that it contacts your skin all the way around. Write your measurement down. You will need this number during checkout!

