

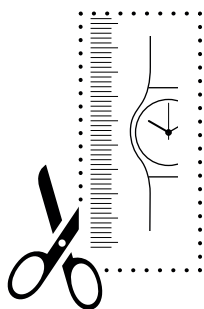


## MEASURE YOUR WRIST.



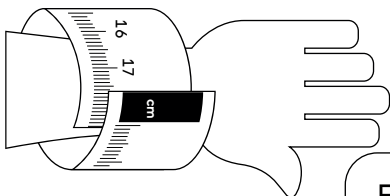
Please make sure to print at 100%

1



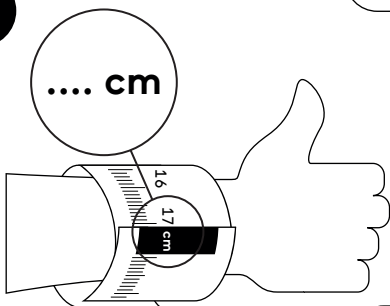
Cut out the ruler.

2



Place the watch dial on top of your wrist. Wrap around.

3



Write down the number next to the black line.

