

Choose your SIZE

1. Stamp this page on an A4 size sheet. Stamp this page in 100% format, select the option "Do Not Scale".
2. Please check accuracy by measuring the line here below with a ruler.
3. Cut along the dotted line around the measuring guide. Cut along the smaller dotted line (B).
4. Wrap the measuring guide around your wrist, making sure the numbers are on the outside. Insert the pointed end (A) through the slit (B).
5. Pull the pointed end until it fits comfortably on your wrist.

