



## WRIST SIZE MEASUREMENT GUIDE

- 1** **DOWNLOAD AND PRINT THIS FILE**  
Make sure you do not scale the contents when printing.
- 2** **CUT OUT THE RULER ON THE LEFT**  
If you prefer, you may use a measuring tape instead.
- 3** **WRAP THE RULER AROUND YOUR WRIST**  
Without slack, but without creating pressure on your wrist, at the point just below the wrist bone.

## WATCH SIZE EXAMPLES

