

# MONICA VINADER

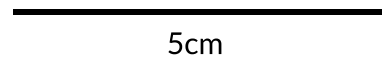


## WRIST SIZE GUIDE

In order to determine your wrist size, you can use a tape measure, or length of cord/ribbon which can then be measured against a ruler.

Alternatively, print and cut out our paper wrist sizer provided and follow below instructions:

1. Print this document out to 100% - ensure that page scaling is set to 'none' on the printing dialogue box. Check the printed size by measuring the line below. It should be exactly 5cm.



5cm

2. Ensure you cut the slit open at the base of the wrist sizer.

3. Feed the pointed end of the sizer through the slit and adjust on your wrist to a close fit to determine your wrist size.

4. Your wrist size will be indicated by the measurement showing at the opening point previously cut.

