9.5in	24cm
9in	23cm
8.5in	22 <u>cm</u>
8in	21cm
7.5in	20cm 19cm
7in	18cm
6.5in	17cm
– 6in	16 <u>cm</u>
	15 <u>cm</u>
<u>5</u> .5in	14 <u>cm</u>
5in	13 <u>cm</u>
4.5in	12cm
4in	11 <u>cm</u> 10cm
3.5in	9cm
- 3in	8 <u>cm</u>
	7 <u>cm</u>
2.5in	6 <u>cm</u>
2in	5 <u>cm</u>
1.5in	4 <u>cm</u>
1in	3 <u>cm</u>
	2cm

CUT HERE

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.