



## Wrist Size:

**Before printing this page, make sure your printer is loaded with 8 1/2" x 11" paper or larger. Make sure the "Shrink oversized pages to paper size" and the "Expand small pages to paper size" boxes are unchecked in the Print dialog box. After printing cut out the needed paper ruler.**

- 1) Apply a small piece of tape to the end of the ruler at the arrow.
- 2) Measure the circumference of your wrist by attaching the taped end of the ruler to the wrist and wrapping it around the wrist.
- 3) Measure your wrist at its narrowest point; we need this exact measurement, nothing extra. We will add to that measurement to create the correct fit. If you prefer a loose or tight fit, at check-out, type your request in the order comments box. Any questions, e-mail us at [customerservice@CuffWatches.net](mailto:customerservice@CuffWatches.net)

