



## PRINTABLE RULER

### Step 1 - PRINT

Print this page to actual size or 100% scale. Do not Fit, Shrink or Scale below 100%.

### Step 2 - CUT OUT

Using scissors cut the ruler out along the dotted line.

### Step 3 - MEASURE

Use the ruler to measure the circumference of your wrist. Remember to start your measurement from 0 inches!

SIZE	WRIST CIRCUMFERENCE
Extra Small	5 To 6 Inches
Small	6 To 7 Inches
Medium	7 To 7 3/4 Inches
Large	7 3/4 To 8 1/2 Inches
Extra Large	8 1/2 To 9 1/4 Inches

Sizes Extra Small and Extra Large are available on select bracelets.

Measuring the exact size may give you a snug bracelet fit. If you prefer a looser fit and are in between sizes, you may find the larger size more comfortable.

For additional questions about bracelet size, email us at [QRay@QRay.com](mailto:QRay@QRay.com)