## $\triangle$ WARNING

This page must be printed at $100 \%$.
Do not resize or scale to fit.
Use a ruler to confirm accuracy

S-


Option 1

## UP SIZER

Print this page and cut out the UP sizer. Wrap the sizer snugly around your wrist to determine your wristband size.
If your wrist is between two sizes, we recommend the larger size.


Option 2

## STRING

Wrap the string snugly around your wrist and mark the string where the two ends cross.
$D$ Measure with a ruler or print this page and use the UP sizer to determine your wristband size.

If your wrist is between two sizes, we recommend the larger size.

Extra Small* Less than 14.00 cm Small $\quad 14.00-15.50 \mathrm{~cm}$
Medium $\quad$ 15.50-18.00 cm
Large 18.00-20.00 cm
Extra Large* Greater than 20.00 cm

