

# Printable Band Sizer

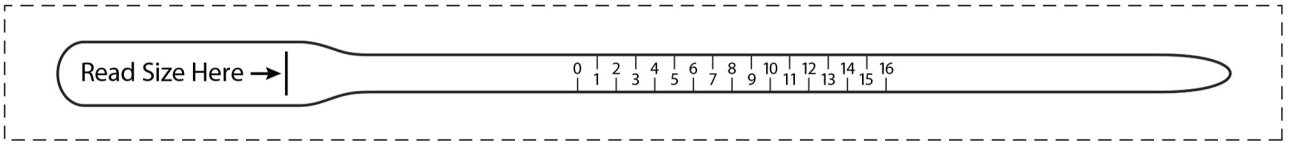


UNCHECK ALL "SCALE TO FIT PAGE" BOXES  
WHEN PRINTING. (MUST BE 100%)

## Two Methods To Instantly Size Your Band

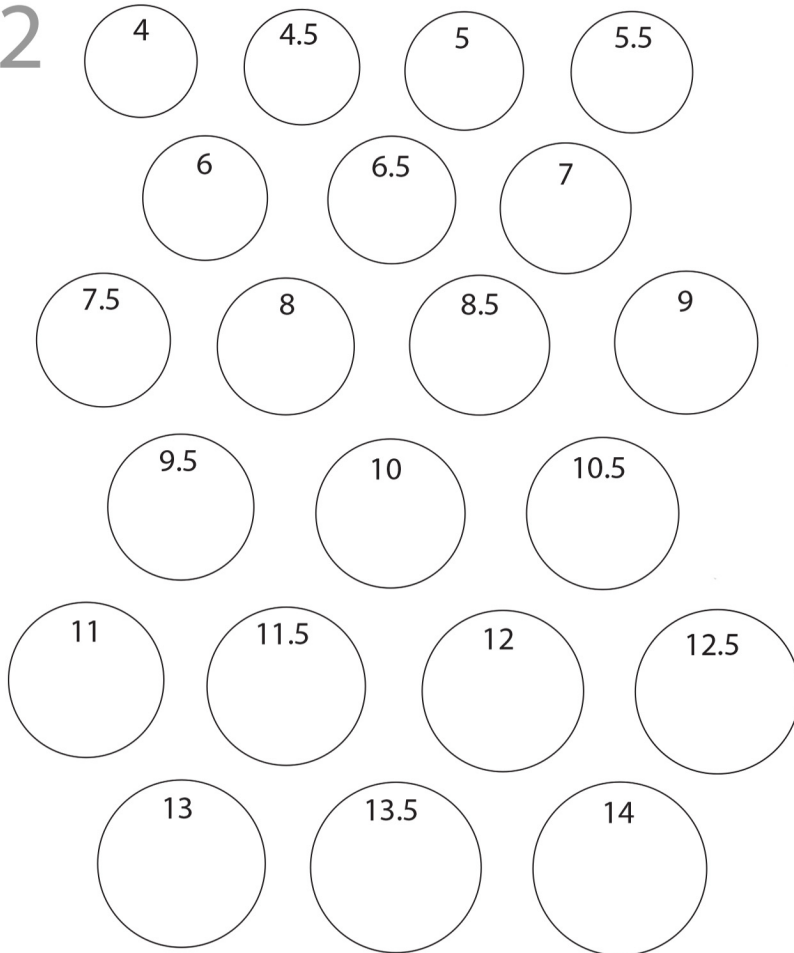
1

To ensure correct scale, make sure the distance between the two red lines is exactly 6".



1. Print this page and cut out the Band Sizer shown above. Cut a small slit next to the arrow.
2. Place the Band Sizer around your finger, then slip the pointed end through slit with the numbers facing out.
3. Tighten the Band Sizer by pulling the pointed end toward your finger. The fit should be snug but comfortable. (If you have large knuckles, the sizer should be placed on the knuckle when measuring)
4. Simply read the number pointed to by the arrow next to "Read Size Here". (1/2 sizes indicated by the arrow pointing between two numbers)

2



If you have an existing band available, it is easy to align the band with one of the circles above. Simply place the existing band with the inside edge of the band fitting against the matching circle.

(Please note - if the band you are using for this method is a Comfort Fit band, you must go down 1/2 size based on what the chart says.)

