



## WRIST SIZE MEASUREMENT GUIDE

1

### DOWNLOAD AND PRINT THIS FILE

Make sure you do not scale the contents when printing.

2

### CUT OUT THE RULER ON THE LEFT

If you prefer, you may use a measuring tape instead.

3

### WRAP THE RULER AROUND YOUR WRIST

Without slack, but without creating pressure on your wrist, at the point just below the wrist bone.

## WATCH SIZE EXAMPLES



45 mm  
(1.77 in)



41 mm  
(1.61 in)



38 mm  
(1.5 in)