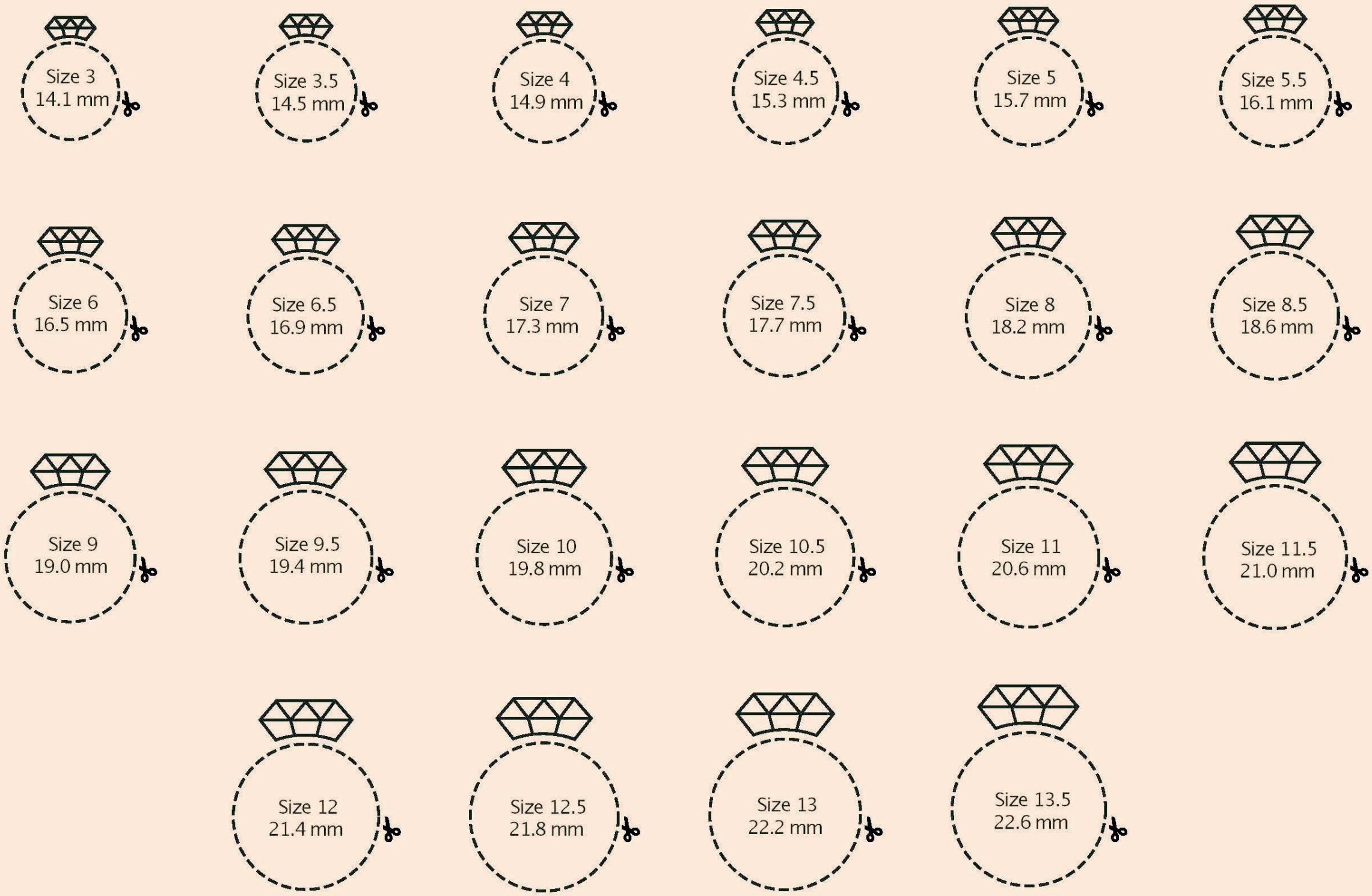Print this chart of ring-size circles and place the ring on top of each circle until you find a perfect match or cut it out the one you need and use it as a template.