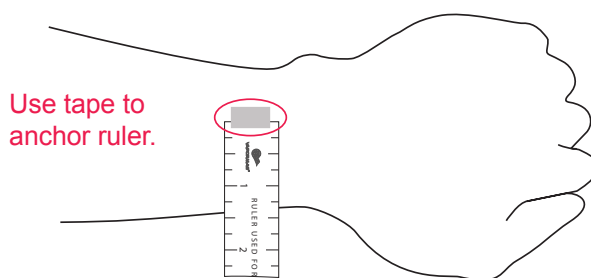


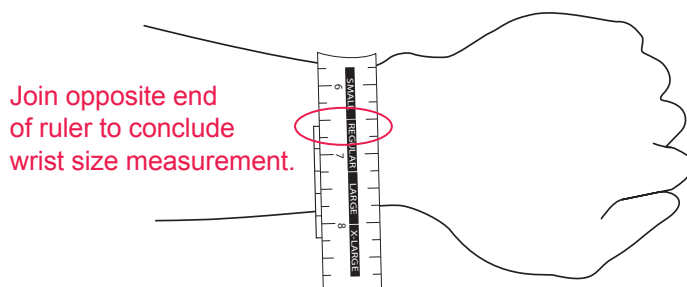
## Choosing the Correct Band Length

**STEP 1** Print this document at 100% scale. Then, use scissors to cut-out the paper ruler on the left side of this document.

**STEP 2** Measure your wrist. Start with securing the paper ruler to the top of your wrist by using a piece of tape as shown in the image below:



**STEP 3** Next, wrap the paper ruler under and around your wrist until the opposite ends meet tautly. It is important not to pull too tight or loose to maintain measurement accuracy. Finally, take note of your wrist size and refer to the chart below to determine your appropriate size watchband.



BAND LENGTH	MEN	WOMEN
<b>Standard</b>	wrist sizes 6.5" to 7.5"	wrist sizes 4" to 6.5"
<b>Large</b>	wrist sizes 7.5" to 8.5"	wrist sizes 6.5" to 7.5"

