Wrist circumference measurement measure
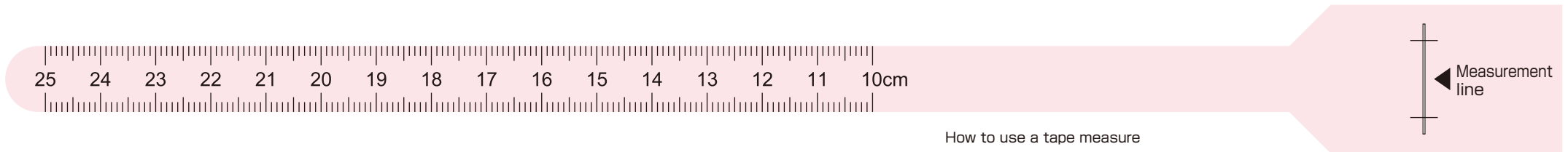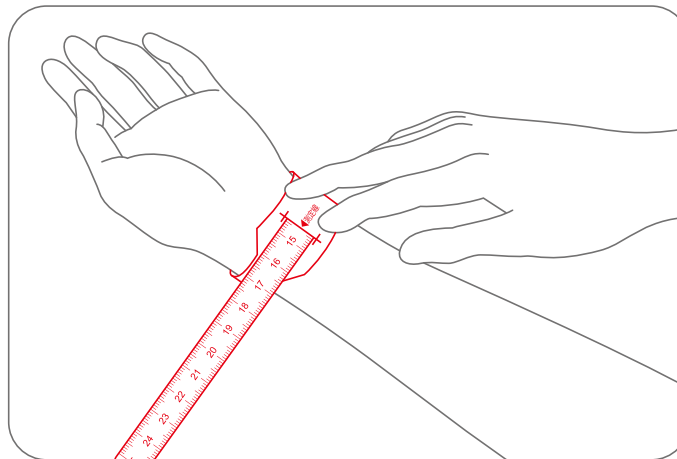
Please print on A4 paper in landscape orientation and 100% magnification.

| 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10cm |

◄ Measurement line

How to use a tape measure
Insert it into the slit on the right at the left end, wrap it around your wrist, and read the value that matches the measurement line.

How to use

Print the tape measure and cut it with scissors. Insert it into the slit on the right at the left end, wrap it around your wrist, and read the value that matches the measurement line.