



CUFF SIZE GUIDE

HOW TO MEASURE

STEP 1: CUT THE MEASURING STRIP

Cut out the paper ruler along the dashed line. Do not use a rigid tape measure or a metal ruler against your skin to measure. The paper ruler bends around the wrist and gives a true measurement.

STEP 2: POSITION THE STRIP

Wrap the paper ruler around your wrist below the wrist bone, this is where the cuff sits.

STEP 3: SET THE TENSION

Pull the paper ruler snug against the skin, but do not pull it tight.

STEP 4: MARK THE OVERLAP

Hold the paper ruler in place. Mark the point where the end of the paper ruler crosses the strip with a pen.

STEP 5: READ THE MEASUREMENT

Remove the paper ruler. Read the measurement at your mark in inches or centimeters.

STEP 6: FIND YOUR SIZE

Compare your wrist measurement to the chart and select the size that includes your measurement. If you are between sizes, select the larger size.

CUFF SIZE	INCHES	CENTIMETERS
Small	6" - 6.5"	15.24 - 16.51
Medium	6.5" - 7.5"	16.51 - 19.05
Large	7.5" - 8.25"	19.05 - 20.95

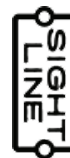
THE CREDIT CARD TEST

The credit card sizing test is to make sure the whole page is the correct size.

FOR ACCURACY

1. Page must be printed at 100% on your printer settings. Turn off "Fit to page," "Shrink to fit," and "Scale to fit."
2. Check the ruler before you measure. Put a credit card along the ruler. The long edge must measure 8.6 cm. The short edge must measure 5.4 cm. If the card does not match, print the page again at 100%.

PLACE CREDIT CARD HERE



IN CM

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QUESTIONS ABOUT SIZING? WE'RE HAPPY TO HELP.

Email info@sightlineprovisions.com or Live chat at sightlineprovisions.com.