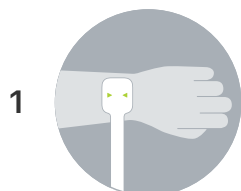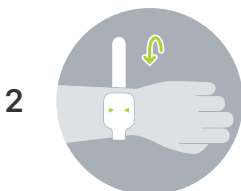# Let's find your band size.

Print this page at 100%. Do not scale to fit.
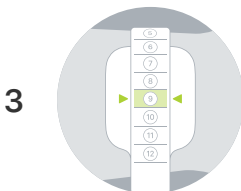(To make sure you printed at 100%, place a credit or ID card in the box below. If it's an exact fit, you're good to go.)
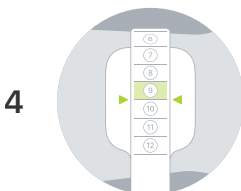
1   Cut the tool. Then position the wider end where you would wear a watch. For a more accurate measurement, you can use a piece of sticky tape to hold the wider end in place.

2   Wrap the tool tightly around your wrist, keeping it in place where you would wear a watch. Make sure the tool feels snug and doesn't slide up or down.

3   Note the number the arrows point to — that's your band size.

4   If the arrows point to a line, choose the smaller of the two numbers closest to the line.

Place a credit or ID card here to confirm that the tool printed at 100%.

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