



Printable wrist sizer

Print at 100% (Actual size). Check the ruler below with a real ruler before measuring. Cut along the outline, wrap around the wrist and read where the end meets the scale.

Wrist sizer 0–7 in (tape the next strip here)



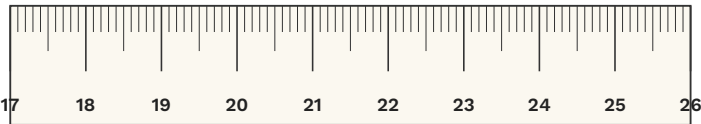
Wrist sizer 7–10 in



Wrist sizer 0–17 cm (tape the next strip here)



Wrist sizer 17–26 cm



 This bar must measure exactly 1 inch (2.54 cm) — print at 100% / Actual size