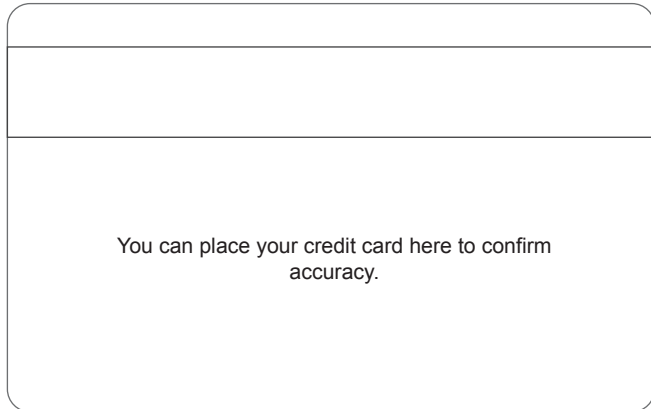


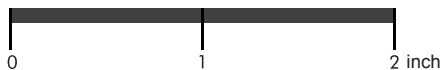
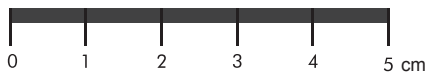


WRIST SIZE GUIDE

Specify Your Scaling Option Prior to Printing. On your print dialog box, make sure that the page scaling is set to 100%. (You can open that box by pressing CTRL+P)



To ensure that your print settings are correct, measure the lines below on your print out to ensure that they correspond to 5 cm or 2 inches.



INSTRUCTIONS FOR MEASURING FOR WRIST SIZE

- 1, Cut out the ruler and an opening as indicated, following the dotted line shown by the arrows.
- 2, Roll the strip around your wrist with the graduated side visible.
- 3, Read the measurement to determine the proper fit for you.

