

Using the Measurement Strip to get the right size for your bracelet:

1. Download the file and print the page as it is (do not change the page size, and ensure the "Fit to page" option is NOT selected). The Measuring Strip will appear on the right-hand side of the page.
 2. After printing, take a ruler and compare the measurement on the ruler to those on the printed Measuring Strip, ensuring they are identical.*
 3. Carefully cut out the Measuring Strip, then notch the strip by cutting into the dashed lines where marked.
 4. Wind the strip round the wrist, and insert the end of the Measuring Strip into the notch. Take care to leave enough room so that the strip is not tight against the wrist. Check to see what number is shown at the notch, and that's it - now you know what length bracelet you need!
- * If the measurements on the strip do not match up to those on the ruler, print the file again, ensuring tith the "Fit to page" option is not selected.

