



Wrist Measurer

This is an approximate wrist measurer that will help you to ensure your wrist donut is a perfect, snug fit.

How to Use

- 1 Print and cut out the Wrist Measurer along the dotted line.
- 2 Fold the Wrist Measurer in half along the grey dashed line **A**.
- 3 Snip across line **B** making a slot that the Wrist Measurer will pass through.
- 4 Pass the end of the Wrist Measurer through the slot to make a loop.

Slip your hand through the loop (as if you were wearing it like a watch).

Gently pull the end to tighten around your wrist joint - as close to your hand as possible.

Take the measurement at **B**.

Small - 11-15cm

Medium - 15-18cm

Large - 18-21cm

Ensure you print at 100%

Please consider keeping your Wrist Measurer in a safe place for a friend or colleague to use.

www.wristdonut.com