



Printing Instructions

For accurate sizing, go to your printer settings before printing and make sure that the "page scaling" option is set to "none" in the print dialog. The Benoza Wrist Sizer should be printed on a standard letter-sized sheet (8.5 x 11 inches). To verify the print is accurate, measure the sample box below with a ruler. It must be exactly 2 cm.



Guide to Using the Benoza Wrist Sizer

- Carefully cut out the paper Wrist Sizer and follow the steps below.
- Ensure that the numbers face outward, then insert the pointed end through the slot marked "cut here" on the other end of the Wrist Sizer. Slip your hand through the loop and gently pull the pointed end until it rests snugly on your wrist.
- The number aligned with the edges of the slot shows your wrist size.
- Alternatively, you may use a measuring tape. If one is not available, use a piece of string or ribbon, wrap it around your wrist, and then measure it with a ruler.

Please remember that the Benoza Wrist Sizer is meant to serve as an approximate reference and may not provide an exact measurement.

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