

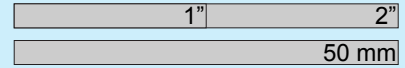
# Determining Your Ring Size

**UNCHECK ALL "SCALE TO FIT PAGE" OPTIONS WHEN PRINTING. PRINT AT 100%.**

To ensure your printout is the proper paper size, measure the line below. It should be exactly 2 inches long or 50mm.

Your finger size will vary throughout the day.

Measuring your finger at the end of the day in warm temperatures often gives the most accurate sizing.



## Method A The Ribbon or String Method:

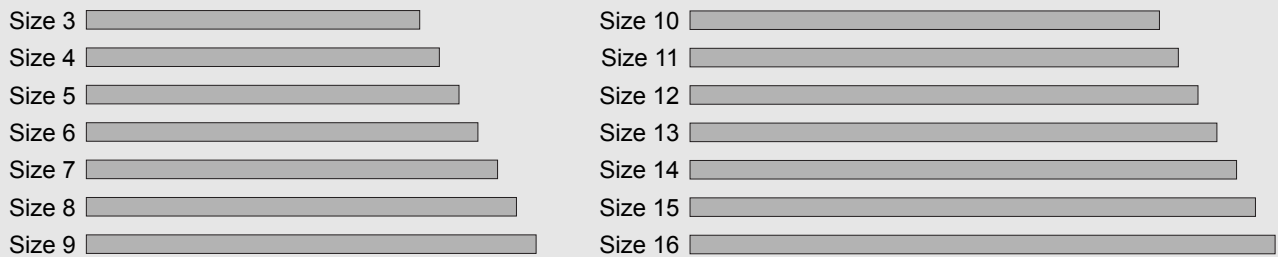
Cut a small piece of ribbon or string.

Measure your finger by wrapping the ribbon or string around it.

The ribbon or string should be snug, like a belt, but loose enough where it can still move around.

Go for a comfortable, snug fit. For the best result, have someone help you measure.

Compare your ribbon or string measurement to the chart below to find your size.



## Method B Measuring a Current Ring:

Find a ring that fits comfortably.

Place the ring over the circles below until you find one that matches the inside edge (not the outside edge!) of the ring. This will measure the inside diameter of the ring.

If the ring size is between two sizes, order the larger size.

