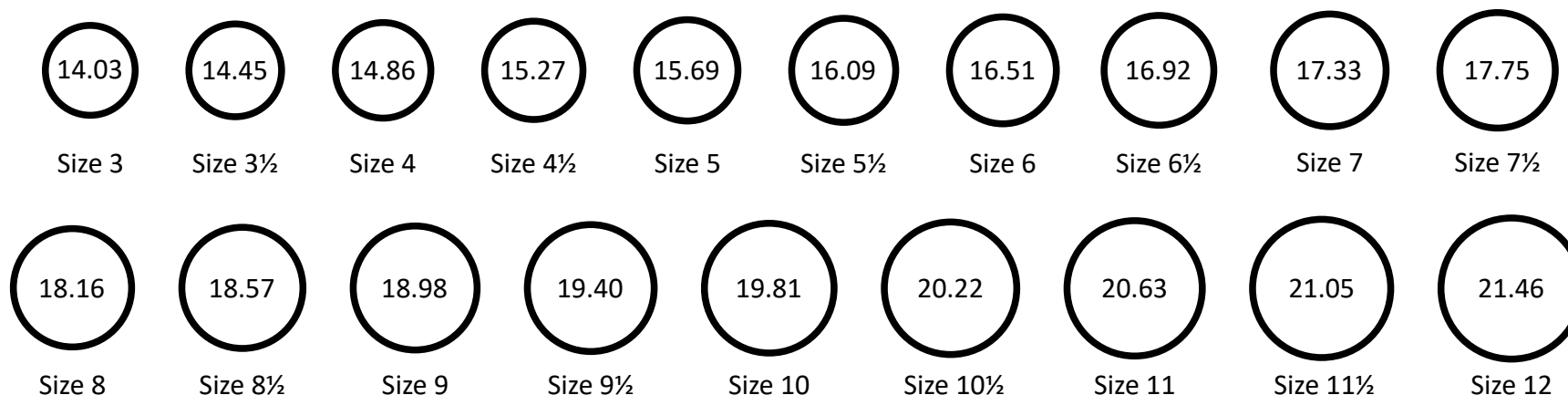


Print the guide using the printer settings "Actual Size" or "100% Scale" (do not use "Fit to Page"). Verify the scale by measuring the Reference Line above with a ruler. If it does not measure exactly 50 millimeters the print settings were not correct and the guide will not accurately determine your ring size.

Method 1 : Select a ring that fits your intended finger. Place it on the guide and align the inner edge with the ring diameter chart. This method works best for bands that sit flat.

Method 2: Use scissors: Cut out the Ring Sizer and cut a small slit in Slot B. Wrap the paper sizer around your finger with the numbers facing outward. Feed the pointed end of the sizer marked: A into Slot B. Pull the tail through until the sizer is snug against your skin but still able to slide over your knuckle. The number that aligns with the edge of Slot B is your ring size. Alternatively, wrap a thin strip of paper about the width of the ring or string around the base of your finger. Mark where it overlaps, then measure the length in millimeters. Use the ring size chart to find your size based on the length of the string, or the circumference of your finger.

Ring diameter chart in millimeters



Ring size chart in millimeters

Ring Size US, Canada, Mexico	3	3½	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10	10½	11	11½	12
Diameter Millimeters	14.03	14.45	14.86	15.27	15.69	16.09	16.51	16.92	17.33	17.75	18.16	18.57	18.98	19.40	19.81	20.22	20.63	21.05	21.46
Circumference Millimeters	44.2	45.5	46.8	48.0	49.3	50.6	51.9	53.1	54.4	55.7	57.0	58.3	59.5	60.8	62.1	63.4	64.6	65.9	67.4