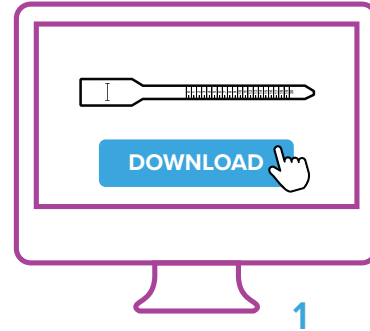
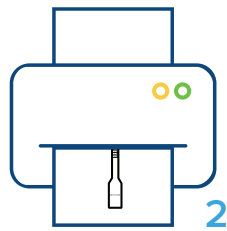


# Ring Sizing Made Easy

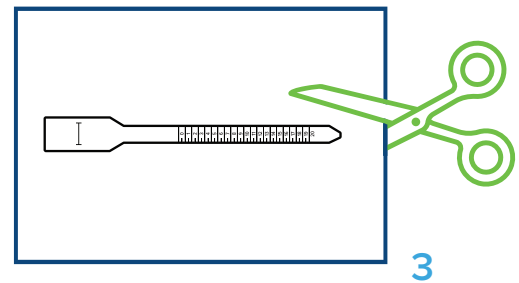
**1 Download** the ring sizing template.



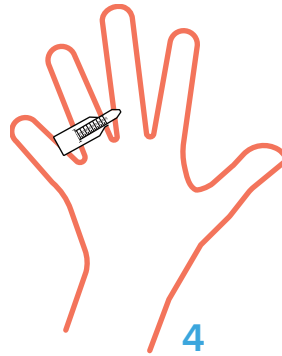
**2 Print** it.



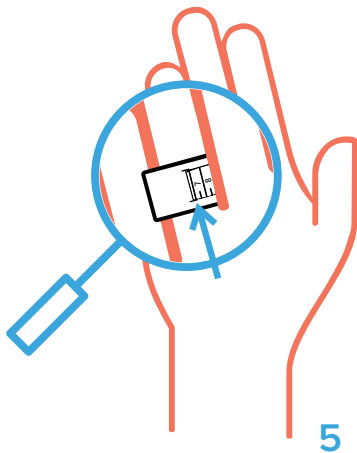
**3 Cut** out the template and cut a slit in the wide end as indicated.



**4 Wrap** it around your finger.



**5 Find** your size.



**Don't have a printer?** Don't worry.

Here are steps to do it without the printed template.

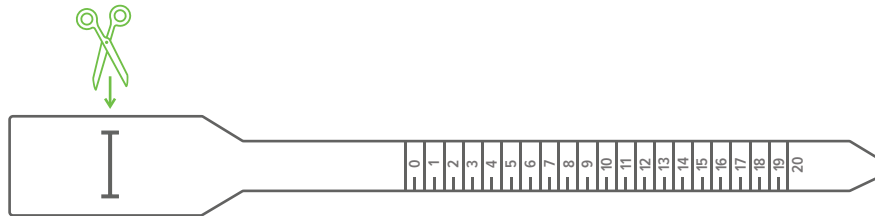
- 1** Cut a string that is about 6 inches long.
- 2** Fold the string around the base of the finger, just below the knuckle.
- 3** Mark where the string ends with the pen.
- 4** Place the measured string on the ruler with the area marked on your right.
- 5** The number closest to the pen mark is the circumference of the ring in millimeters.
- 6** Find your size on the chart.

Size:	Circumference:	
	INCHES	MILLIMETERS
0	1.44	36.5
1	1.54	39.1
2	1.64	41.6
3	1.74	44.2
4	1.84	46.7
5	1.94	49.3
6	2.04	51.8
7	2.14	54.4
8	2.24	56.9
9	2.34	59.5
10	2.44	62.1
11	2.54	64.6
12	2.64	67.2
13	2.74	69.7
14	2.85	72.3

# Instructions for Printing

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1. Make sure that page scaling is set to “NONE” or “Actual Size” in your printer settings.
2. Measure the line below and verify it is exactly 3 inches.
3. If the measurement is incorrect, please review your print settings again.



## Tips for Measuring

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To achieve the most accurate ring size, here are some helpful hints:

- Measure your finger in warm temperatures, at the end of the day.
- Be sure to measure your finger before any sports practice or game.
- When considering a wide band, move up a ring size.
- Your ring size will be about a half size bigger on the hand you write with.
- The average women’s ring size is size 6. The average men’s ring size is a 10.