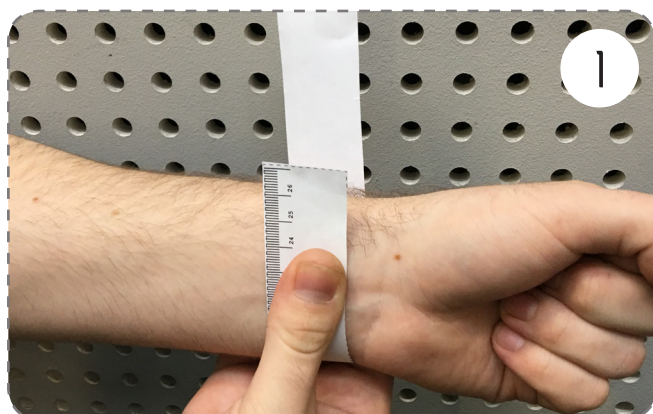


BLOCKS Sizing ruler.

.....
Please print this document at 100% size. Use the credit card template below to check it's the right size.

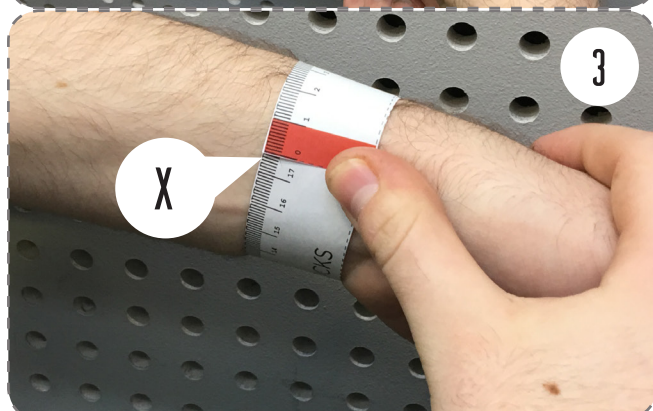
Place Card Here



1 Place the ruler against your wrist with the plain side facing inwards



2 Overlap the ends so that the red edge is on top.



3 Push the red edge against your wrist and take the reading from the overlap.(X)



BLOCKS

