

Instructions:

- Print and cut out the strip above. Insert the pointed end of the sizer through the "CUT HERE" slot.
- With the numbers on the outside, place the loop around your finger.
- Pull around your finger until the fit is snug but comfortable, tight but still be able to move it around. Be sure it's not too tight or too loose.
- Your approximate ring size should be the number that appears where it says "CUT HERE".

Measure your finger by wrapping a string around it. Find the length of the string that makes exactly one loop around, and use the chart below for reference.

If the finger is not available for measuring (ie. a surprise gift), use a ring from the individual's current jewelry collection.
Place the ring over the nearest size circle. The inner edge of the ring should align with the outer edge of the circle.

| Size: | Circumference: |  | Width: |  |
| :---: | :---: | :---: | :---: | :---: |
|  | inches | millimeters | inches | millimeters |
| 0 | 1.44 | 36.5 | 0.46 | 11.6 |
| 1 | 1.54 | 39.1 | 0.49 | 12.4 |
| 2 | 1.64 | 41.6 | 0.52 | 13.3 |
| 3 | 1.74 | 44.2 | 0.55 | 14.1 |
| 4 | 1.84 | 46.7 | 0.59 | 14.9 |
| 5 | 1.94 | 49.3 | 0.62 | 15.7 |
| 6 | 2.04 | 51.8 | 0.65 | 16.5 |
| 7 | 2.14 | 54.4 | 0.68 | 17.3 |
| 8 | 2.24 | 56.9 | 0.71 | 18.1 |
| 9 | 2.34 | 59.5 | 0.75 | 18.9 |
| 10 | 2.44 | 62.1 | 0.78 | 19.8 |
| 11 | 2.54 | 64.6 | 0.81 | 20.6 |
| 12 | 2.64 | 67.2 | 0.84 | 21.4 |
| 13 | 2.74 | 69.7 | 0.87 | 22.2 |
| 14 | 2.85 | 72.3 | 0.91 | 23.0 |
| 15 | 2.95 | 74.8 | 0.94 | 23.8 |
| 16 | 3.05 | 77.4 | 0.97 | 24.6 |



