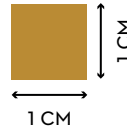


## MEASUREMENTS

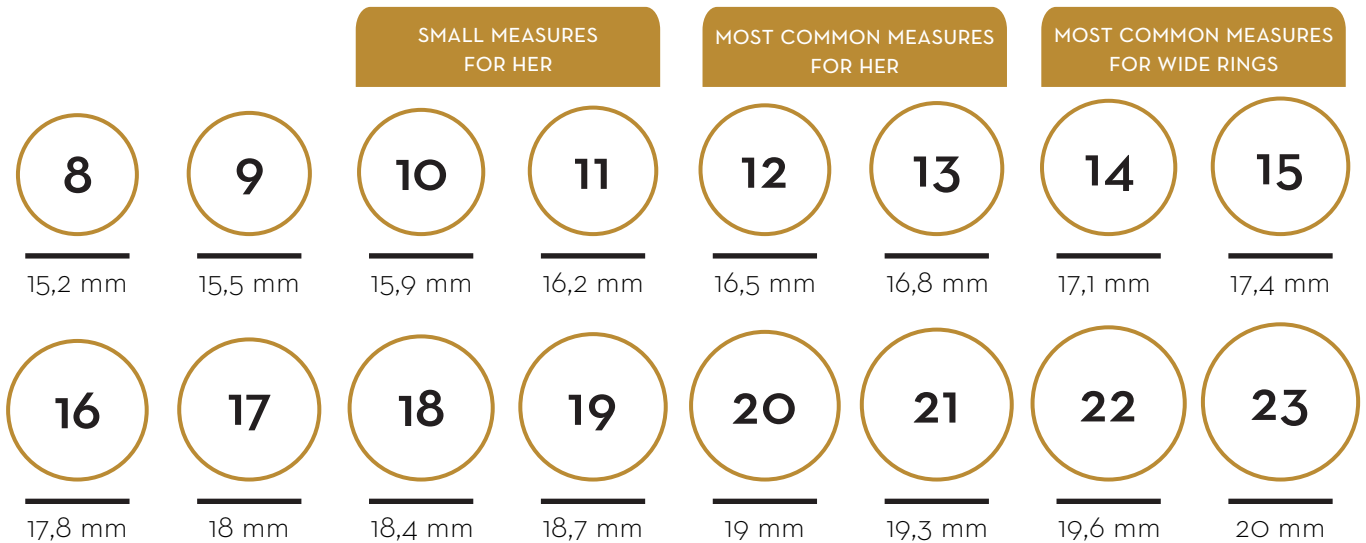
- Print this template and choose the easiest method for you.
- Make sure the measure of the print is right.  
In order to do this, measure the following square:  
The exact measure is **1 cm x 1 cm**.



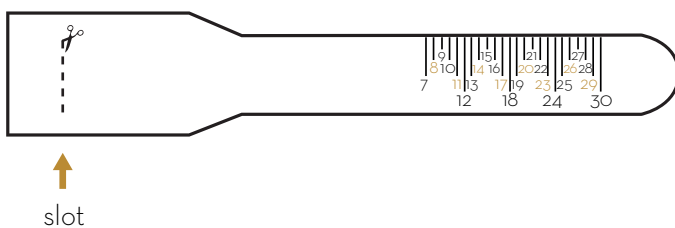
### METHOD 1: Calculate the measure with a ring

Choose a ring that fits you well and place it over the following circles. If the inside of the ring fits with the outside of the circle, that's your size.

**ADVICE:** If you hesitate between two sizes, choose the larger one. If the ring is larger, one size larger will also fit better.



### METHOD 2: Paper meter



- Cut out this meter and enter the smaller part through the slot.
- Insert your finger and adjust the paper.
- Take the first number that stands out from the slot. That's your size.