Let’s find your band size.

1 Print this page at 100%. Do not scale to fit. (To make sure you printed at 100%, place a credit or ID card in the box below. If it’s an exact fit, you’re good to go.)

2 Cut the tool. Then wrap it tightly around your wrist where you typically wear your watch. You can use tape to hold the wider part in place. Make sure the tool feels snug and doesn’t slide up or down.

3 Note the number the arrows point to — that’s your band size. If the arrows point to a line, choose the smaller of the two numbers closest to the line.

Place a credit or ID card here to confirm the tool printed at 100%.