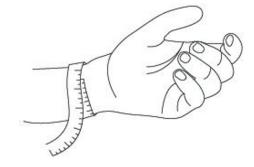
# How to measure your wrist





#### Measure your wrist with measuring tape

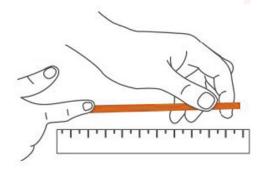
When measuring your wrist, wrap the measuring tape as close to your hand as possible, as illustrated in the image to the right.



## Don't have a measuring tape?

Use a piece of string to measure your wrist and lay the string back out on a ruler to get your measurement in centimeters or inches.





### When ordering

Please use the exact number on the measuring tape to select the size from the table below. If you are between sizes, or have larger hands, please select the bigger of the two sizes to make sure your bracelets will fit you comfortably. If you have any questions, please do not hesitate to contact us:

+44 (0) 1670 818229

admin@mavininformatics.org

#### Size chart of available bands

Size	Wrist Circumference (cm)	(Inches)
XSML	13 – 14.5	5 - 5 3/4
SML	14.5 – 16	5 3/4 - 6 1/4
MED	16 – 17.5	6 1/4 - 7
LGE	17.5 – 19	7 - 71/2
XLGE	19 - 21	7 ½ - 8 ¼