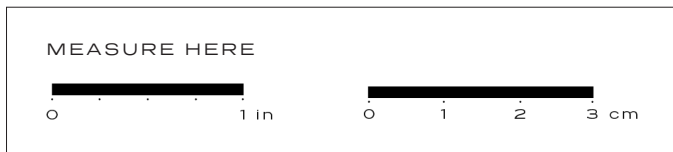


## BEFORE YOU BEGIN

## PRINTER SETTINGS

For the most accurate ring size, review your printer settings; Page Scaling should be set to “**none**” and the PDF prints at **100%**. To confirm the accuracy of the printout, measure the one-inch or three-centimeter markers in the sample box below. If these do not match exactly, your ring size measurement will be inaccurate.



## HOW TO MEASURE YOUR RING SIZE

- 1 Print the Ring Size Guide.
- 2 Place your current ring (or a ring that fits the finger you intend to wear the new band on) over the sized circles until you find the circle that exactly matches the inside of your ring.
- 3 Use the number listed inside the final circle as your ring size.

## ADDITIONAL TIPS

Measure your ring size at the end of the day with warm hands. Fingers measure smaller in the morning and when cold, resulting in an inaccurate ring size.

To confirm the size accuracy, measure your fingers three to four times.

Women's rings typically run between sizes 3 and 9. For engagement rings and wedding bands, women's sizes usually range between 5 and 7, and size 6 is the most common size for women.

For men, ring sizes range from 8 to 14. For wedding bands specifically, sizes typically fall between 8 and 10 ½ with 9 being the most popular men's wedding band size.

\*Measurements reflect ring sizes in the United States and Canada

## RING SIZE CHART

