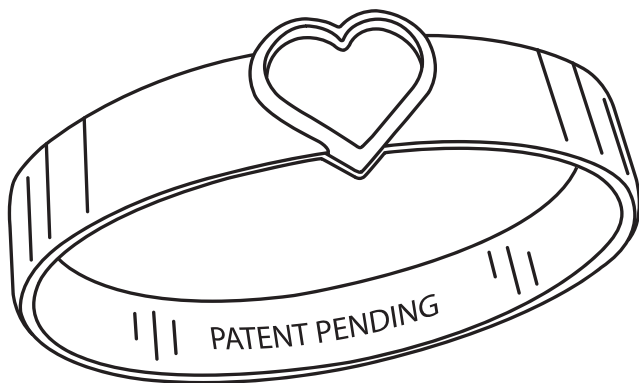


# Heart Bands Sizing Guide

This simple to use guide will help you decide which size Heart Bands to purchase.

1. Print this form.  
Make sure that "Page Scaling" is set to "None".
2. Cut out the size you prefer.
3. Wrap it around your wrist and tape the ends together.

Remember that the actual wristbands will stretch



**Small - Approximately 6.3 inches**



**Medium - Approximately 7 inches**



**Large - Approximately 7.5 inches**



**X-Large - Approximately 7.95 inches**

