

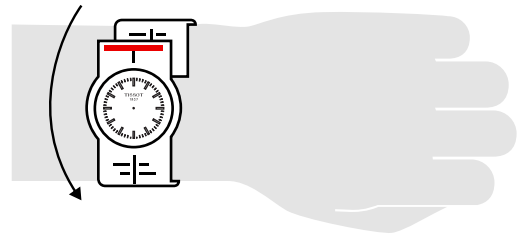
1

Print the PDF guide and cut the measuring tool.

Make sure to print at 100%!

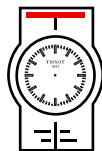
2

Wrap the ruler around your wrist.



3

Align the red line above the watch face with the numbers on the ruler to determine your wrist size.



In this example, the red line aligns at 18cm / 7.2in

4

Use the measured number to select your wrist size on [TissotWatches.com](https://www.tissotwatches.com)