If you are not able to print this size guide, it is possible to use any other material or object that can wrap around your wrist. Simply use it to find the right tightness, then measure its length in inches to find your wristband size.

1. Please respect the letter format when printing this document. Make sure that the document is not scaled (printed at 100% true size).

2. Print this document at 100% scale and cut out the small ruler on the left side.

3. Place the image of the watch dial on the outside of your wrist, then wrap the ruler around your wrist, emulating how tight you want your watch to be.

4. Once the ruler is in the right position, take note of the number next to the red line: this is the size of wristband that you should choose.

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