## WTEASURING YOUR RUNG SUZE

Know what size ring you need before you shop so you can buy perfectly-fitting ring every time. To determine ring size, you can find an approximate fit with a ring size chart or finger size strip (see instructions below). Make sure to measure your finger at room temperature. Heat and cold can cause your fingers to swell or constrict.

## Determine Ring Size With a Ring Size Chart

Use a ring that fits you to determine your ring size. Place your ring over the nearest size circle. The inner edge of the ring should align with the outer edge of the circle. If your ring appears to fit between two sizes, buy the larger size.


## Measure Ring Size With a Finger Size Strip

To create your own ring sizer, print and cut the strip below. Insert the narrow end of the sizer through the "cut here" slot. With numbers on the outside, place the loop around your finger, and pull until the fit is snug but comfortable. In order to print the ring sizer on this page, be sure that your printer is set to $100 \%$.


