

# Wristband Size Chart

*Cut out the below and wrap around your wrist to see which would fit best*  
*Remember, our wristbands are made to stretch*

## Silicone Wristbands (2 sizes)




**STANDARD SIZE:** 8.25 inches (21 cm)

.5 in  
wide

**MEDIUM SIZE:** 7 inches (17.5 cm)

.5 in  
wide

## Polyester Wristbands (1 size)



**HARD WORK...:** fits wrist sizes 7 - 8.25 inches (19 cm unstretched)

.5 in  
wide

**NOW OR NEVER:** fits wrist sizes 8.5 inches + (21.5 cm unstretched)

.75 in  
wide

