SIZEFIT.ORG

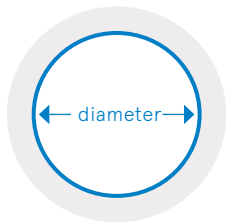## INSTRUCTIONS:

· To obtain an accurate ring size measurment, **page scaling must be set to "100%" in your print dialog box.**

· Make sure to uncheck all **"scale to fit"** checkboxes when printing.

· Using a ring worn on the same finger you want sized, place the ring on a circle below.
The circle should fit snugly on the inside of the ring. The estimated size appears inside the circle.

← diameter →

Measurements
refer to the inside
diameter of the ring.
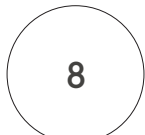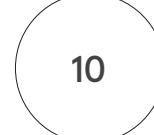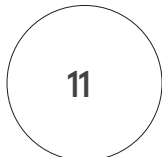
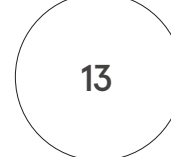|				
3 14.0 mm	**3.5** 14.4 mm	**4** 14.8 mm	**4.5** 15.2 mm	**5** 15.6 mm
5.5 16.0 mm	**6** 16.45 mm	**6.5** 16.9 mm	**7** 17.3 mm	**7.5** 17.7 mm
8 18.2 mm	**8.5** 18.6 mm	**9** 19.0 mm	**9.5** 19.4 mm	**10** 19.8 mm	**10.5** 20.2 mm
11 20.6 mm	**11.5** 21 mm	**12** 21.4 mm	**12.5** 21.8 mm	**13** 22.2 mm	**13.5** 22.6 mm

Ring Sizing Chart

Measure the circumference of your selected finger and use the below table to determine your size.

Band rings should fit snugly at the base of the finger, but wide enough to fit over the widest part of the finger. Wider rings should be worn looser.

To determine your size using one of your own rings, please refer to our printable Ring Comparison chart found at the end of this PDF.

RING SIZE	SIZE (IN)	SIZE (MM)	DIAMETER (MM)
4 ½	1 ⁷⁄₈	48	15.3
5	1 ¹⁵⁄₁₆	49	15.7
5 ½	2	51	16.1
6	2 ¹⁄₁₆	52	16.5
6 ½	2 ⅛	53	16.9
7	2 ³⁄₁₆	55	17.3
7 ½	2 ¼	56	17.7
8	2 ⁵⁄₁₆	57	18.2
8 ½	2 ⅜	58	18.5
9	2 ⁷⁄₁₆	59	18.9
9 ½	2 ½	61	19.4
10	2 ⁹⁄₁₆	62	19.8
10 ½	2 ⅝	63	20.2
11	2 ¹¹⁄₁₆	65	20.6
11 ½	2 ¾	66	21
12	2 ¹³⁄₁₆	68	21.5
12 ½	2 ⅞	69	21.9

*Moving up one size is recommended for wider rings

International Size Chart

US	UK	EU	JP	DIAMETER (MM)
3	F	44	4	14
3 ½	G	-	5	14.5
4	H	47	7	15
4 ½	I	48	8	15.3
5	J	49	9	15.7
5 ½	K	51	10	16.1
6	L	52	11	16.5
6 ½	M	53	13	16.9
7	N	55	14	17.3
7 ½	O	56	15	17.7
8	P	57	16	18.2
8 ½	Q	58	17	18.5
9	R	59	18	18.9
9 ½	S	61	19	19.4
10	T	62	20	19.8
10 ½	U	63	22	20.2
11	V	65	23	20.6
11 ½	W	66	24	21
12	X	68	25	21.5
12 ½	Y	69	26	21.9
13	Z	70	27	22.3
13 ½	Z+2	72	-	22.9
14	Z+3	73	-	23.2

Ring Comparison

If you have a ring with a known size, print this page and match
one of the circles below with the inner edge of one of your rings.

3
14.1 mm

4
14.9 mm

5
15.7 mm

6
16.5 mm

7
17.3 mm

8
18.2 mm

9
19 mm

10
19.8 mm

11
20.6 mm

12
21.4 mm

13
22.2 mm
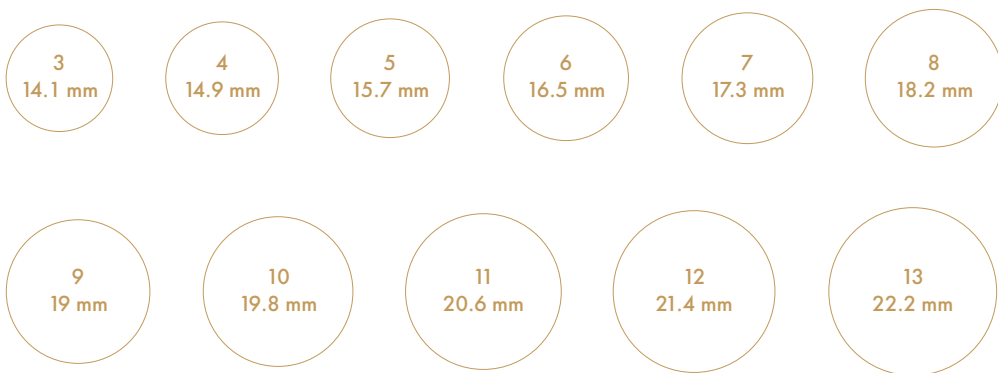
IMPORTANT

To ensure that this chart is printed to scale:

1. From your web browser - Deselect
   Fit to Page and ensure Scale is 100%.

2. From your computer, if downloaded -
   Select Actual Size.

Once printed, please measure the below
rulers to ensure that they are exactly 1 inch
and 10mm, respectively.

1 in   10 mm