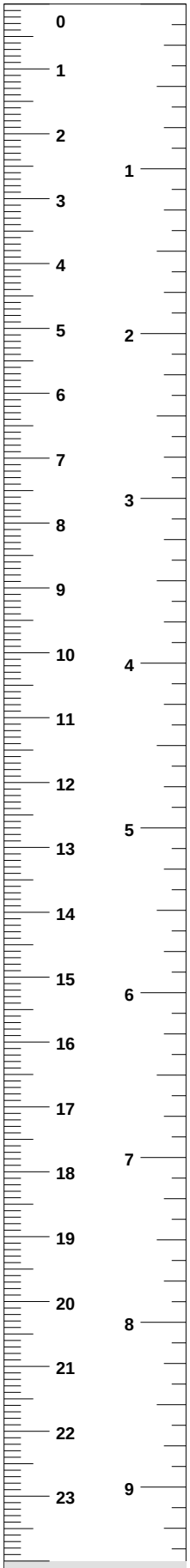
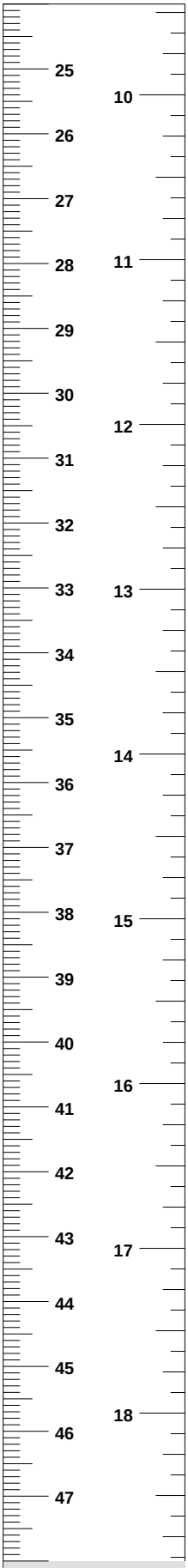
Strip 1 cm | in



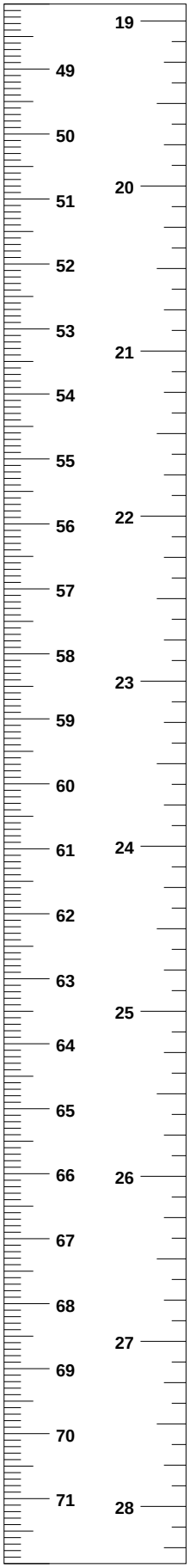
Glue strip 2 here
top edge on this line

Strip 2 24 cm



Glue strip 3 here
top edge on this line

Strip 3 48 cm



FitnessHats head tape

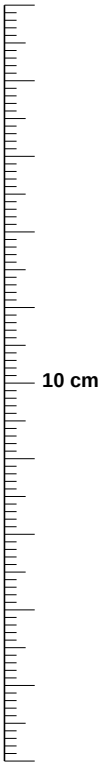
Printable, 0 to 72 cm. US Letter paper.

Before you cut, check the print

Print at 100% or "Actual size", not "Fit to page". Then check both:

Bank card check

Lay any bank or ID card here. It should cover this box exactly: 85.6 x 54 mm.



Off by more than 1 mm? Your printer scaled the page. Reprint at 100%.

How to use it

1. Cut out the three strips on the solid lines.
2. Cut strip 2 exactly on its top edge (that edge is 24 cm). Glue it over the shaded tab of strip 1, edge on the line. Join strip 3 (48 cm) the same way.
3. Wrap it around your head about half an inch (1.3 cm) above your eyebrows and ears, snug but not tight. Read the number where the 0 end meets the tape.
4. Measure twice. Look up your size at fitnesshats.com/hat-size-chart