

Guide of Sizes

The Me&MyLife bracelets are available in two sizes (M and L), which are themselves adjustable to several wrist diameters.

If you have a measuring tape, measure the size of your wrist as close to your hand as possible— as shown on the drawing —

You can also surround your wrist with a piece of tape or cordon and then extend it over a ruler to get your size.

If you don' t have any measuring tape, you can print this page and cut out the Me&MyLife Wrist Tape.

Make sure that the options of the printer are set for real size printing.

Once cut out, adjust it to your wrist and check the size indicated on the Wrist Tape. You can be guided either by the color guide or by the scale in centimeters or inches:

In centimeters:

If your wrist diameter measures **from 14 to 17 cm (included)**, your size is a M.

If your wrist diameter is **more than 17 and up to 21 cm**, your size is a L.

In inches:

If your wrist diameter measures **from 5,5 up to 6,7 inches (included)**, your size is a M.

If your wrist diameter is **more than 6,7 and up to 8,3 inches**, your size is a L.



If your size is not available in these measurements, you can place a personalized order.

Contact our Customer Service by e-mailing customer.service@meandmylife.com.

Our team will inform you about the available options, cost and timeline or answer any query you may have.

