

Printable Measuring Tape

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Assembly Directions

1. **Print out all 3 pages of this measuring tape template.**

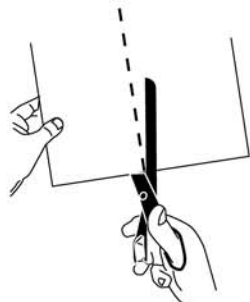
IMPORTANT NOTE:

Depending on your version of Acrobat Reader, be sure either "Fit to page" or "Shrink oversized pages to paper size" is NOT checked in the Print dialog box.

If you have

- **Acrobat Reader 6 or 7**, please ensure that "None" is selected in the drop down list next to "Page Scaling".
- **Acrobat Reader 5**, please ensure that the "Fit To Page" option is NOT checked.
- **Acrobat Reader 4**, please ensure that the following boxes are UNCHECKED in the print dialogue box:
 - Shrink oversized pages to paper size
 - Expand small pages to paper size
 - Auto rotate and center

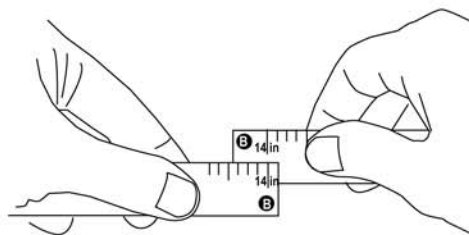
2. **Cut along dotted lines.**



3. **Line up and tape together.**

Using a glue stick or tape, affix the second section of the tape to the first.

Wait till glue is dry before using.



Measure Yourself

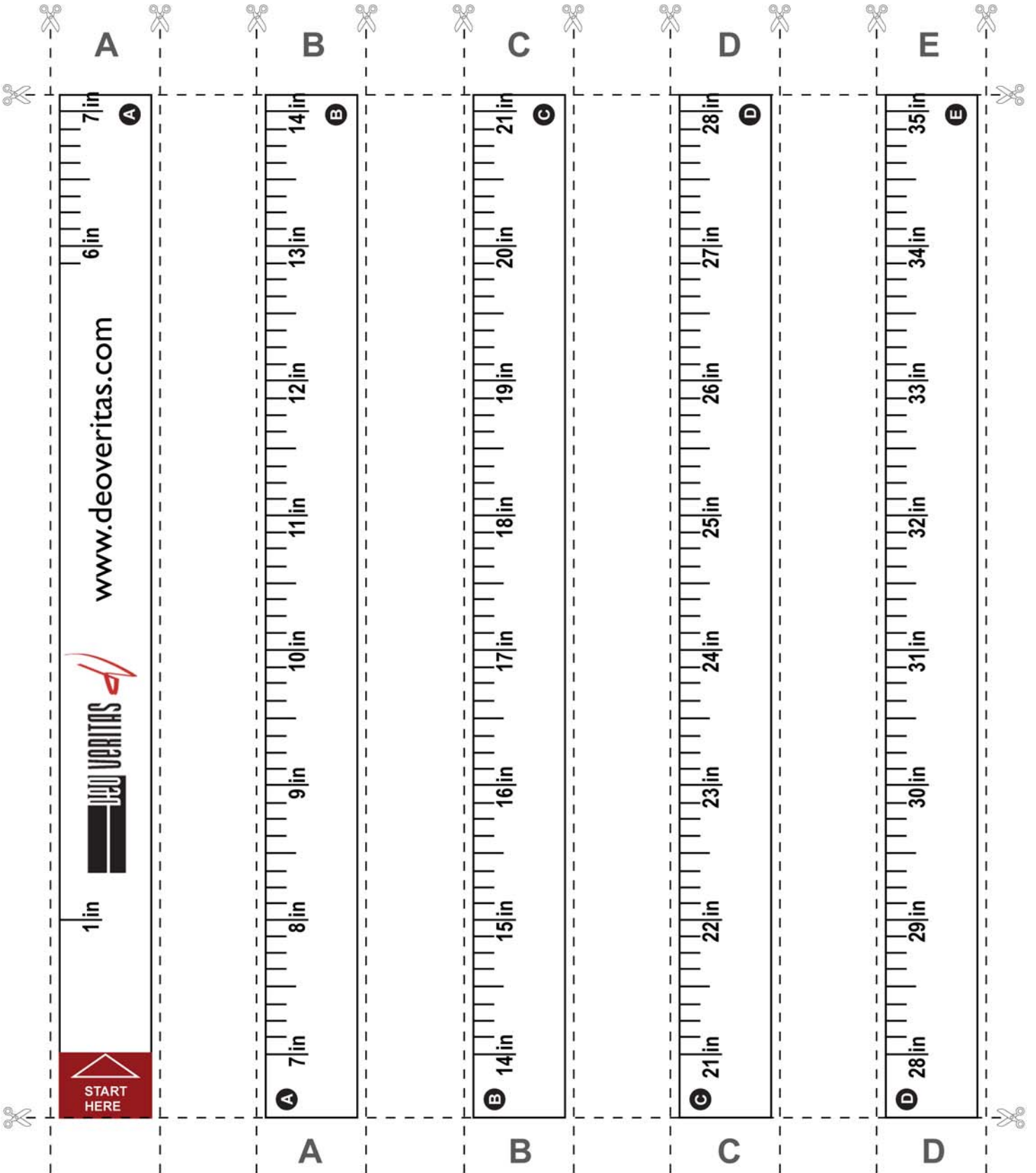
- Wrap measuring tape around your body snugly, but don't pull the measuring tape too tight.
- Don't suck in your stomach.
- Don't lie about your measurements!

FOR ACCURATE MEASUREMENTS, MEASURE YOURSELF WITHOUT YOUR PANTS ON.
MEASURE YOURSELF IN FRONT OF A MIRROR.



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