

Ring Size	Diameter (mm)	Circumference (mm)
6	16.5	51.9
7	17.3	54.4
8	18.1	57.0
9	18.9	59.5
10	19.7	62.1

For optimal performance and accuracy, we recommend wearing your Letsfit Ring on your index finger. If you prefer another finger, the middle or ring fingers are the next best, but try to avoid fingers with large knuckles (where the base of your finger is narrower than the knuckle).

There are two ways that you can measure your ring size.

Method 1:

Measure the inner diameter of a ring that you already own and compare against the diameters shown above.

Method 2:

Measure your finger by wrapping around it snugly with a measuring tape. If you don't have a measuring tape then you can use string, floss, or paper then measure the length against a ruler.

Ensure that your fingers are at a normal size when you measure them. Fingers shrink a bit in cold weather, swell if you have had alcohol, swell after you have been working out, swell when you are in hot weather, and will swell when you are generally bloated .

If your knuckles are particularly large, then you might want to choose a slightly larger ring size that can fit over your knuckles.