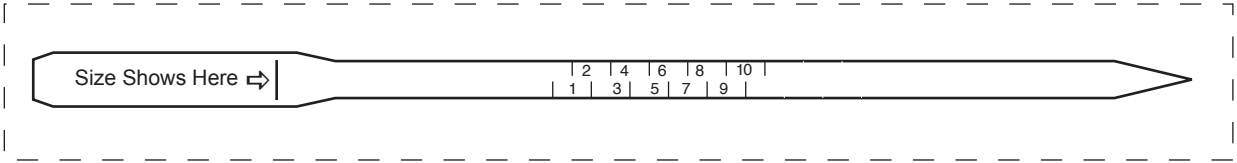Use this cut out to measure your ring size the black line below should measure 6 1/2