



You can use this template online or for a more accurate result in printed form. You will also need a ruler and a ring in your desired size.

Make sure that you are not in zoom mode and check the printer properties (A4 portrait, no margins, no page adjustment, print size 100%).

Step 1: open the template as pdf or print it

Step 2: measure the control dimension, which must be exactly 5 cm online or printed

Step 3: Now place your ring on the matching circle. The inner circumference of the ring must be even with the outer edge of the circle.



control measurement (5cm)

