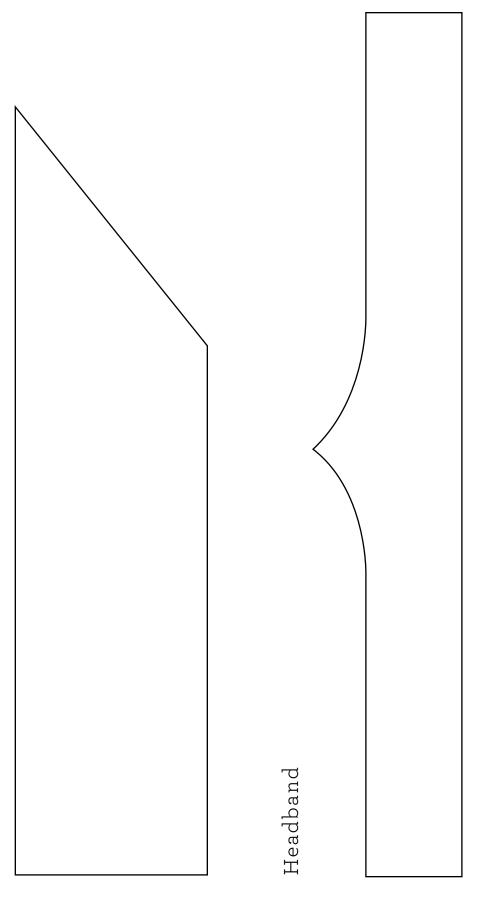
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For the headband, print at 100 percent, and cut out. Add length as needed on either side to fit around head. For the cuff, print at 100 percent, and cut out. Trim flat end as needed to fit wrist, and place that end on the fold of paper or fabric.



Cuff

