Measure, Determine, Check
Your printable ring sizer from Zales. Choose from our three accurate measuring techniques.
For accuracy, please ensure that PDF is printed at 100%.

We will gladly accept the exchange or return of a ring purchased and sized from our online store, however rings re-sized at a Zales store location, another retailer or independent jeweler will not be accepted for a refund or exchange online.

Additionally, rings purchased and sized at a Zales store location can only be exchanged or returned for re-sizing at a Zales store location. We cannot accept store transactions through our online store.

The String Test
- Cut a small piece of string, thread or ribbon from a spool.
- MEASURE: Wrap it snugly around your finger for an accurate measurement.
- DETERMINE: Compare your measurement with our sizing chart.
- Tip: Be careful not to wrap the string too tight. Aim for a comfortable, snug fit.
- Tip: For the most accuracy, have someone help you measure.
- CHECK: Double check for accuracy.

The Paper Test
- Print and carefully cut out our paper ring sizer below.
- Cut along the dotted line marked "Find your size" to make a slit.
- Slip the pointed end through the slit and place around your finger.
- MEASURE: Pull the pointed end so it slides to a snug fit.
- DETERMINE: The arrow will point to your ring size.
- Tip: Be careful not to wrap the paper too tight. Aim for a comfortable, snug fit.
- Tip: For the most accuracy, have someone help you measure.
- CHECK: Double check for accuracy.

The Secret Test
- Print our chart of ring size circles.
- Find a ring that your loved one currently wears.
- Make sure he or she wears that ring on the finger you are shopping for.
- MEASURE: Place the ring on top of each circle until you find a perfect match.
- DETERMINE: The match should perfectly fit the inside of the ring.
- CHECK: Double check for accuracy.