1. PRINT OUT THIS PAGE. IN THE PRINT DIALOG BOX, CHANGE PAGE SCALING TO “NONE.” VERIFY SIZE BY USING RULER TO MEASURE ANOTHER SHEET OF PAPER.

2. CUT OUT RULER AND TRIM IT SO THAT ZERO INCHES IS THE VERY END OF THE PAPER.

3. MEASURE ERECT PENIS ALONG THE TOP, HOLDING THE ZERO END AS CLOSE AS POSSIBLE TO THE BONE. MARK THE POINT ON THE RULER CORRESPONDING TO THE TIP OF THE PENIS. ENTER THAT VALUE HERE: ______________

4. MEASURE CIRCUMFERENCE OF ERECT PENIS AT THE WIDEST POINT. WRAP RULER AROUND PENIS AND MARK THE POINT WHERE THE ZERO END OVERLAPS THE RULER. ENTER THAT VALUE HERE: ______________

5. MEASURE THE MAXIMUM WIDTH OF HAND ON THE RULER FROM THUMB TIP TO PINKY TIP. IF MEASURING BOTH HANDS, ENTER LARGER VALUE HERE: ______________

6. NOW YOU ARE READY TO COMPLETE THE ONLINE SURVEY at HealthyStrokes.com. HAVE THIS WORKSHEET HANDY, AND DISPOSE OF IT PROPERLY AFTER YOU FINISH THE SURVEY!

CONTROL NUMBER: 505

For US Letter size paper.
There is another ruler for A4 paper.