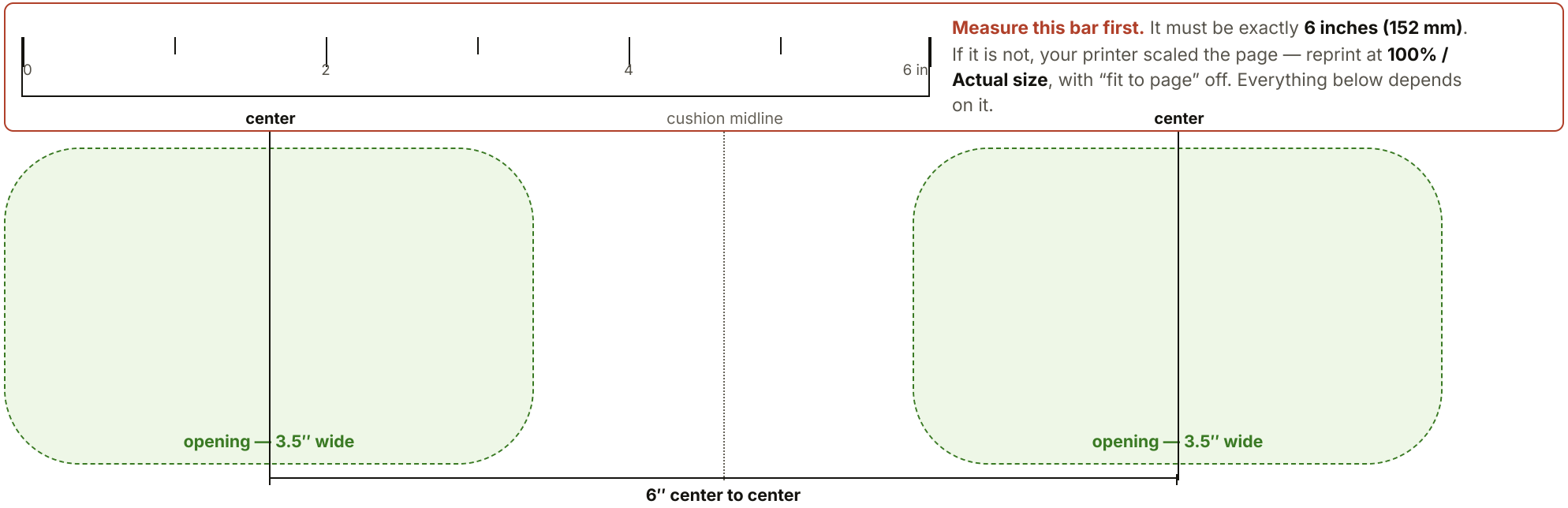
The openings, at actual size

This is where the two openings sit on a **Socket Seat**, printed at full scale. Transfer your two marks onto it and see for yourself whether your sit bones would land in open space — before you spend anything.



Measure this bar first. It must be exactly **6 inches (152 mm)**. If it is not, your printer scaled the page — reprint at **100% / Actual size**, with “fit to page” off. Everything below depends on it.

1. Make your dents

1. Sit on a piece of **corrugated cardboard** on a hard, flat chair for about 30 seconds, leaning forward slightly.
2. Stand up. Mark the **center** of each of the two shallow dents, and the **midpoint between them** — that midpoint is your own midline.

2. Transfer them to this sheet

1. Push a pen tip through the cardboard at all three marks, making three small holes.
2. Lay the cardboard on this page with the middle hole on the **cushion midline** and the three holes running left to right, parallel to the ruler bar above.
3. Dot the page through the two outer holes, then lift the cardboard away.

3. Read it

Both dots inside the bands, clear of the edges: your bones sit over open space. Then measure between the dots with the ruler at the top of this sheet — the designed range is **3.6″–6.7″**; the bands show position, the number gives the verdict.

A dot on an edge or outside: the openings are not where your bones are. Check the number at **aylio.com/fit**.

Scan to check your number

The fit checker gives a straight answer, including “no”.

The bands are the openings’ width and spacing, not their full outline; the cushion also has a rear groove for the tailbone. The Socket Seat is designed for sit-bone widths of about **3.6″–6.7″** (3.3″ and 7.0″ are the borderline edges), and the 100-day trial is there because paper is not a chair.