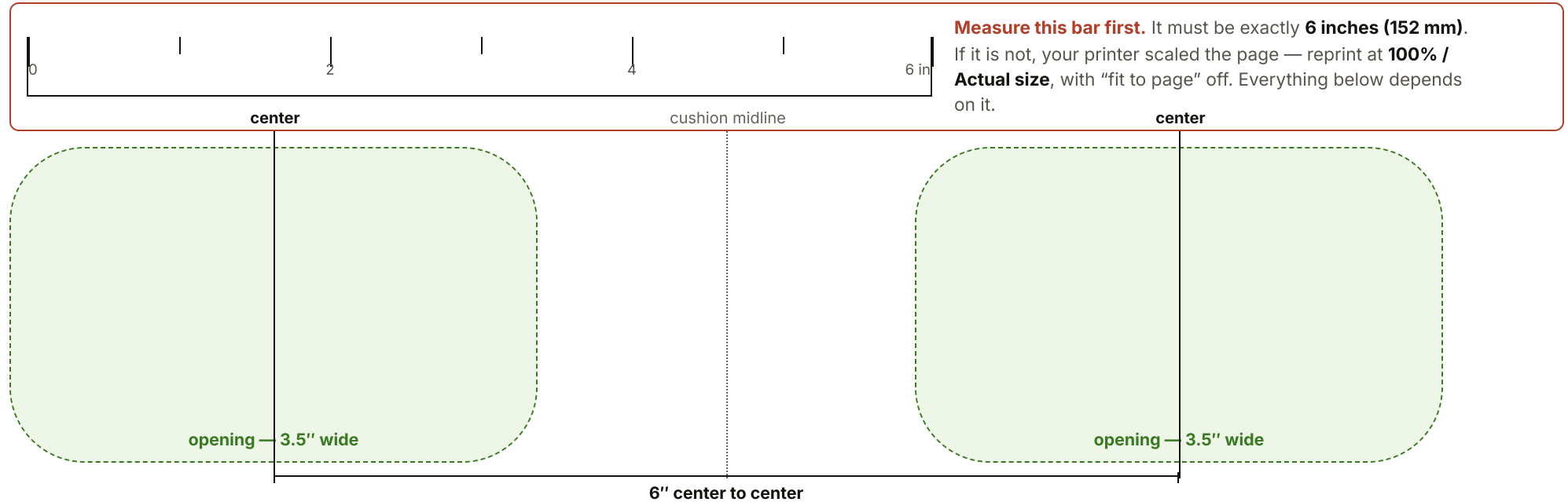


The openings, at actual size

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



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.

2. Lay it on this sheet

1. Put the cardboard over this page, dents facing up, and line its center up with the **cushion midline**.
2. Look at where your two marks fall.

3. Read it

Both marks inside the green bands: the geometry fits you — that is the whole test.

A mark on a band edge or outside it: 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.