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STEP 1:
Fold into quarters along dashed lines

STEP 2:
Cut out center circle
then unfold

STEP 3:
Cut out center guide

STEP 4:
Cut or fold along ruler lines until center guide
fits inside the disc. If necessary, use tape to
hold the paper flat against the disc.

STEP 5:
Peel backing from adhesive pad and apply in the center
of the circle cutout