**WRIST SIZES**

- Small  5.5”–6.5”  14.0 cm–16.5 cm
- Large  6.5”–7.7”  16.5 cm–19.6 cm
- X Large  7.7”–8.9”  19.6 cm–22.6 cm

**INSTRUCTIONS**

1. Print out this page at 100%.
   Do not scale to fit.

2. Cut out the sample band and wrap it around your wrist, keeping the end with the arrow on top.

3. Make sure the band lays flat against your wrist.

4. Pick the size the arrow is pointing to, and you’re done! If you are on the line between sizes, we recommend picking the larger size.

**STILL UNSURE?**

Contact us at contact.fitbit.com