WRIST SIZES
Small      5.5”–7.1”  140 mm–180 mm
Large      7.1”–8.7”  180 mm–220 mm

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!

STILL UNSURE?
Contact us at contact.fitbit.com