



fitbit alta & alta HR

METAL BAND SIZING TOOL

WRIST SIZE

One size fits small-medium
5.5"-6.5" 140 mm-165 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 If the arrow lands within the teal box, this will
be the right fit for you.

STILL UNSURE?

Contact us at [contact.fitbit.com](https://www.fitbit.com/contact)



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