



fitbit<sup>®</sup> alta<sup>™</sup>

## WRISTBAND SIZING TOOL

### WRIST SIZES

Small	5.5"–6.7"	140 mm–170 mm
Large	6.7"–8.1"	170 mm–206 mm
X Large	8.1"–9.3"	206 mm–236 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](https://www.fitbit.com/contact)



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