



# fitbit alta & alta HR

## WRISTBAND SIZING TOOL

### WRIST SIZES

Small	5.5"-6.7"	140 mm-170 mm
Large	6.7"-8.1"	170 mm-206 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](mailto:contact@fitbit.com)

