



# fitbit charge 4™ & charge 3™

## SIZING TOOL

### 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 If the arrow points to the S section, your best fit is small. If it points to the L section, your best fit is large.

### STILL UNSURE?

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

