

# FIND YOUR SIZE

**UP**  
by JAWBONE™



## STEP 1

Get a string, a marker and a ruler.  
Wrap the string snugly around your  
wrist. Mark the string where the two  
ends cross.



## STEP 2

Use a ruler to measure the string from  
one end to the marked place. Then use  
the size guide to the right to determine  
which wristband is right for you. If you're  
between two sizes, we recommend  
choosing the larger size.



**SMALL**



**MEDIUM**



**LARGE**

# Jawbone Up2sizing Guide

**SJ Ball**



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