Microsoft Band

Find your right size

A good fit is important for tracking your heart rate more accurately. Make sure your Microsoft Band fits your wrist securely and is not too tight, nor too loose. It comes in three sizes, so you can choose the one that fits you best.

1. Print out the sizing guide. For the most accurate estimation, print the PDF at 100%.
2. Place the page on a flat surface. Compare the height of your wrist with the purple bars on the PDF. Note: don't roll or wrap the paper.
3. Determine your best fit (small, medium, or large). If your wrist falls between two sizes, we recommend you choose the larger size for a comfort fit.

✅ Height of wrist   ❌ Circumference of wrist

L
M
S

49mm
43mm
39mm