

User Manual

Wristband Activity & Sleep Tracker



Sleep Track



Activity Track



Bluetooth

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1、 Safety Instructions

1. This manual introduces a right way to use the wristband, please keep this manual.
2. Never allow children to play with the wristband, the small components may be a choking hazard!
3. Do not dispose of the wristband in a fire. The battery could explode
4. Do not attempt to disassemble the wristband, it does not contain serviceable components.
5. Do not use or keep it in dusty or wet environment.
6. Do not tamper with your wristband.
7. Do not place your wristband in a Dishwasher, Washing Machine or Dryer.
8. Do not expose your wristband to extremely high or low temperatures.
9. Do not expose your wristband in an environment with Strong magnetic interference or electrostatic interference
10. Do not use abrasive cleaners to clean your wristband.
11. Do follow doctor's advice if you don't take exercise oftento avoid being hurt.

2、Caring Instructions

1. The material of the wristband is TPU, it is a Medical grade low allergy rubber. And the band it is adjustable, fit for anybody.
2. Please always keep the wristband clean to prevent the skin allergy, because it is on your wrist every day.
3. Please use a soft cloth to clean the wristband for perspiration or impurity, it may prolonging the life of wristband.
4. Please adjust the wristband to keep enough place for air flowing.
5. Please avoid from excessive impact due to fall and intense exercise.

3. Specifications

Name: Wristband Activity & Sleep Tracker

Mode:WP-808

Size: 240mmX11mmX18mm

Weight: 17.5g

Material: TPU

Charging: USB

Battery Capacity: 65mAh

Stand-by time: 10 days

Use time:

Data Transmission: Bluetooth 4.0 & USB

Indicators: Four LED indicators.

Environmental Temperature&Humidity for operation:0℃~+40℃, 20-85%RH

Environmental Temperature&Humidity for storage and transport: 0℃~+40℃, 10-95%RH



4. Accessories

- 1, Inner core (1pc)
- 2, USB charging Cable (1pc)
- 3, Wrist band (1pc)
- 4, User manual (1pc)



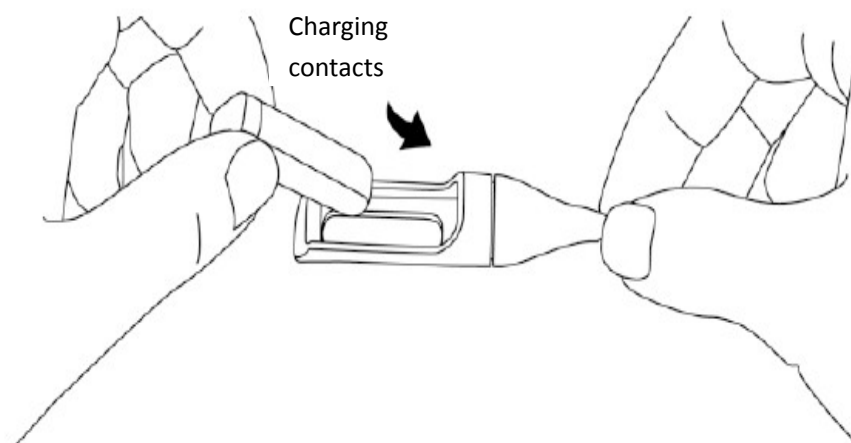
6. First-time Use

Please check the wristband and accessories before you begin to use it. If any absence, contact the supplier at once. The wristband adopt smart 3D sensor technology, accurately sense the body movement and calculate the calories, body fat, aerobic exercise, sleep etc., and sync the data to mobile App or PC software.

1. Charging and wearing

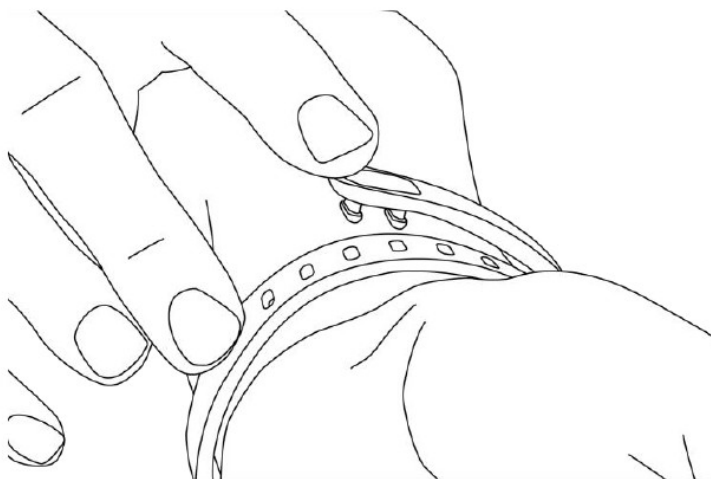
1.1 The wristband must be charged before you begin to use the device.

1. Remove the core from the wristband it came in.
2. Insert the core into the charging cable correctly with four LED indicators facing up.
3. Plug the charging cable into a USB port on your computer.
4. Four LED indicators will light up and flash in green for 3 times, it is charging successfully.
5. When four LED indicator lights up in green during the charging, it shows charging is completed.
6. Insert the inner core to the wristband, then you can begin to use it.



1.2 Adjust the band to wearing the wristband.

1. Put on the wristband so the window of lights are closest to the outside of your wrist and facing you.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



6、 Wristband Function

1.Daily mode



- 1.1 Press the button and shifts to above sun icon, led indicator light is green, then it is Daily Mode. Track your steps taken:0-999999 steps.

2. Sport Mode



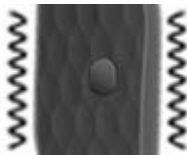
- 2.1. Press the button and shifts to above sport icon,led indicator light is green,thenit is Sport Mode. Many sports items can be available on the App.

3. Sleep Mode



3. 1.Press the button and shifts to aboved moon icon, led indicator light is green, then is Sleep Mode.

4. Motor Vibration Reminding



4.1When steps is up to goal setting,led indicator light for daily mode or sport mode will flash three times and meantime, motor vibrates.

4.2when alarm clock time is up, led indicator lights flash 3 times and motor vibrates for 1.5 second. Motor will vibrate every 2 minutes and vibrate for 3 times.

5. Bluetooth 4.0



5.1 Long press the button for more than 3 seconds,led indicator light for Bluetooth turns green and motor vibrates ,then Bluetooth is On or OFF.

7.Low battery Reminding



7.1 If the wristband is less than 5% power, fourled indicator lightsflash red; if less than 2% of power:fourred indicator lights are lighting up.

8. USB Charging

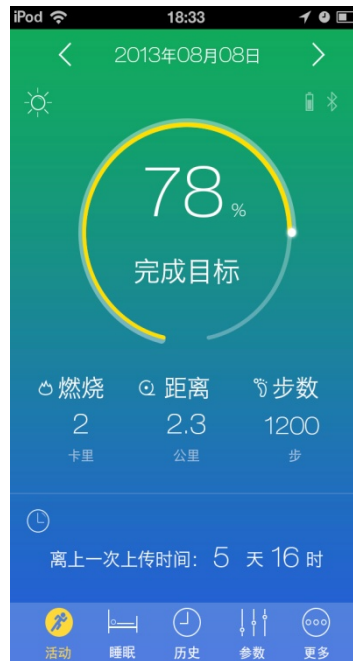


8.1 Put the inner core into the USB charging base, connect to PC USB Port, then four led lights flash green for 3 times after the existing status of led light flashes one time. It shows it is charging normally.

7 APP Installation & Bluetooth

1.1 Log in Apple Store, use the bluetooth 4.0 devices (i.e. iPhone4S, iPhone5, iPad3 and iPad Mini) which is with iOS 5 above and search My Fit, download for free and install.

1.2 After successful installation, open the software and enter the first dashboard. Current interface displays time and date, accomplish% for goal, steps, distance, calories and 'Since the last upload time'. 'Since the last upload time' is attained by subtracting between current network time and the last upload time. Click the battery icon and it will issue command for reading the power quantity. When the bluetooth icon is in blue color, read the total steps every second. Grey bluetooth icon represents not connecting. Click and enter the bluetooth connecting interface.



1.3 For first time use, perfect user experience can be attained if 'Personal Setting' is filled in. Enter the 'Personal Setting' icon on the 'My Parameter' interface and set the user's personal information. Image can be uploaded and Gender, Height, Weight and Stride can be set.



1.4 After setting parameters, open the Bluetooth. Long Press the button on the wristband for 3s above until led light for bluetooth mode turns green and meanwhile motor vibrates. Loosen the button, bluetooth 4.0 for wristband is on. Then click 'More' dashboard

on the APP, select 'Bluetooth connection'



1.5 After the bluetooth searching the wristband, Password Entering pops up on the Bluetooth Connection interface. Enter the default password: 0000 for the first time and click the 'confirmation' button.



8、App Instruction

(1) **Daily activity and Sport mode:** More data, such as the calorie burned, distance and step can be checked by sliding the screen up and down within the “Activity” interface; And click the columnar data to add sport programs. The date above can be switch by clicking the arrows, and when goes to the current date it will show as “Today”.



Two interfaces were switched by sliding the screen.

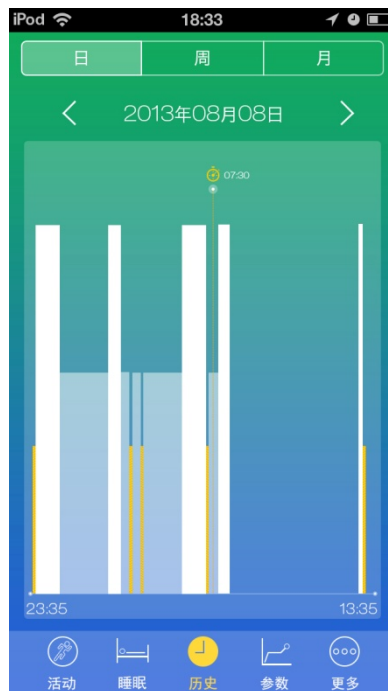
(2) **Add sport program:** Click the columnar data, we can see the window of “Program adding”, click “+” to add new sport program, then input the starting and ending time; Click “-” to delete the current program.



(3) **Sleep record:** When goes to the “Sleep” interface, the whole time of sleep, the time of getting up and the time from last upload can be shown by sliding the screen up and down, also the time of sleep with light movement, deep sleep, sleep with many movement and bad sleep. Deep sleep: 0 movement in ten minutes; Sleep with light movement: 1-4 movements in ten minutes; Sleep with many movements: 5-12 movements in ten minutes; Bad sleep: more than 12 movements in ten minutes.



(4) **History record:** Within the “History” interface, the data about day, week and month display by columnar. Slides the screen to get more data.



(5) **Target setting:** Users click the relative number to edit the “Sleep time”, “Get up time” and the “Sport target”. When the target finishes, the device will vibrate.



(6) **Fatigue remind:** For reminding users to do activities, we can edit the “Fatigue remind ” on the “Parameter” interface, then set up a value, the device vibrates to remind the time of starting and ending.



(7) **Alarm setting:** Click the “Smart Alarm” under the parameter interface, and when we click “Edit”, four alarms can be set, choose one of them, then goes to the alarm setting status.



(8) **Change the Bluetooth name and code:** Choose the key of “Change the Bluetooth name” under the “More” interface, input the new Bluetooth name and save. The same

step, choose “Change the code”, then input your original code and new code, then save.



(9) **Time setting of Bluetooth and Automatic connection:** Close the automatic connection within the “More ” interface, it saves the power of device. About the time setting, if the “Auto shut down” was closed, we can close Bluetooth manually; if it was open, the Bluetooth can be shut down auto, and the shut down time can be set from 1-120 minutes.



Quality Guarantee

1. Respective user, thanks for choosing our product, please read the Guarantee carefully to protect your right.

The Guarantee is suitable for main land of China(Except the HK, Macao and Taiwan)

2. Service Range:

Service Valid: (From the date of invoice issued)

Whole Device: One year

Fittings: Three months

During the guarantee, it's free to fix if any question cause the quality, without overhaul.

It has to show the guarantee certification and pay for the repair cost if the product was out of guarantee.

The guarantee can not be altered.

The warranty card attached with the guarantee is the certification of repair, please keep carefully, it's un-retroactive.

Guarantee Invalid:

- (1) No Invoice and Warranty card.
- (2) The warranty card is altered, and the information is not match with product.
- (3) Fault cause the force majeure such as accidents, disasters and wars
- (4) Fittings broken cause the improper use of user.
- (5) Refit, repair or dismantled by the unauthorized agent.

Warranty card

Product info

Item:

Mode:

SerialNumber

Supplier:

Date:

User info

Name:

Tel:

Address:

Fixing
record

FCC Statement

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

FCC Exposure Statement:

This equipment complies with fcc radiation exposure limits set forth for an uncontrolled environment. This equipment can be operated in any place without restriction.