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# Activity Tracker

## A1 Operating Instructions

### 1. Introduction

The device records your steps, distance, and K CAL consumption of daily activities such as walking, sitting, standing or walking around your house or office, or playing balls after working or at weekends.

The device also records your sleep quality such as every turn over, light and deep sleep duration. You can check the data in your App.

If you lose weight or put on weight or grow taller after long-time using and insisting, you can receive some suggestions through App.

### 2. App Download and Install

#### 2.1 iOS Download and Install

Support Apple mobile handheld devices with Bluetooth 4.0 and iOS version 6.1 or higher, such as iPad2, iPhone 4S, iPhone 5s etc.

Search Movnow in Apple Store, if you search on iPad, please remember selecting “Only for iPhone”, or search under Health and Fitness Category.

If your Smartphone in China or your Smartphone jailbroken, you can download and install through WanDou Jia or 360 or 91.

Days later, you can download and install the App in our official website.

App Store Download and Install

1. Find out the App

2. Click to download

3. Click to install

4. If you have downloaded and used our products before, please click Cloud and directly download.

5. Waiting install

6. Upgrade, if you set upgrade automatically, App will upgrade automatically once detecting upgraded news. If not, find the App in “Purchased Products” of Apple store and

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click upgrade.

Please refer to the above when download others.

## 2.2 Android Download and Install

Support Android mobile handheld devices with Bluetooth 4.0 and Android version 4.3 or higher, such as Nexus 4, Samsung Note2.

Search Movnow in Google play, or search under Health and Fitness Category.

If your Smartphone in China, you can download and install through WanDou Jia or 360 or 91.

Days later, you can download and install the App in our official website.

Google play Download and Install

1. Find out the App
2. Click to download
3. Click to install
4. If you set install automatically, then it will install automatically.
5. If not set install automatically, after downloading, we will remind of you some privacy, please click install, we won't open your personal info out, we need those info just for better service.
6. Upgrade, find our products in application program management, click "upgrade", if you set upgrade automatically, it will upgrade automatically in your spare time.

## 3. APP Signup and Login

You should provide your real existed email address and password to sign up. We won't send any products info to your email but send emails when you retrieve password. If you can't retrieve password or your data was stolen, you bear the risks by yourself. We won't keep your password but provide suggestions and supports for your account security.

After filling in email address, please provide your age, height, weight, gender, we will provide support, suggestions and service to you.

You set the daily goal and sync to your device, so that we can provide better service.

You should provide your email address and password to login. If you use Android

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mobile handheld device, App will remember the login account and password, just for you to login quickly. If you don't like this convenient, you can clear your cache data.

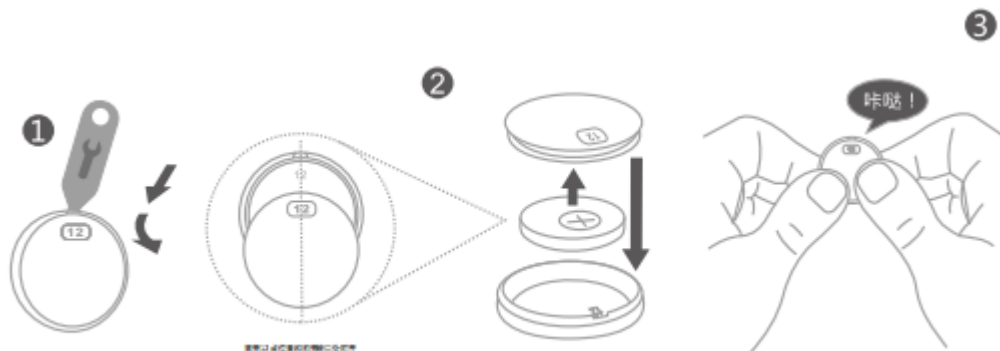
If you forgot the password, we will remind you that we have sent a resetting password email to you. Login your email and find the mail, if not in your Inbox, please find in email's spam or junk filters. The mail valid in 24 hours, please remember changing.

## 4. Device Turn on and Operation

After turn on, the device will record your daily walking, sleeping etc. After connecting and syncing, you can watch your daily activity and sleeping analysis in your handheld devices.

### 4.1 Turn on

Put the battery anode and cathode in the right place. If you separate the panel and shell, put the panel with light in the up place of the shell (we usually give you the whole one).please check whether the battery install ok or not.



If there are antenna breakdown and capacitor destroyed during install, please find our address at the package and post to us, we will check and give you response.

After installing the battery, the device will shine less than 1 sec, then it will shine 2secs, so the device turns on. In your first use, sign up in App and connect the device.

### 4.2 Daily Activity

Take the device with you, walking, standing, sitting, or walking around your office or house, you may forget you wear it. When you running, the running data will also record in your App. Our device is water proof, you can swim when wear it.

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## 4.3 Sleep

Take the device sleeping with you. No need to knock or wakeup it, it will sleep with you and get up with you.

## 4.4 Check the Time

The time is same to your mobile phone. If you don't sync the time more than a week, the time won't be accurate.

Knock the device twice,

1. 12 o'clock twinkling, 3, 6, 9 o'clock half-light, tells you from where to watch time.
2. 12, 3, 6, 9 o'clock half-light, hour hand starts twinkling
3. Hour hand keeps lighting, then minute hand starts twinkling

Errors keep in 5 minutes.

## 4.5 Check the Goal Progress

The setting goal sync to the device when first use. You can change the goal anytime.

After displaying time,

1. 12 o'clock twinkling, 3, 6, 9 half-light, tells you from where to watch time.
2. Your goal progress will twinkle about 2 secs.

If you finished your goal, all the lights will light, and the light out one by one for 3 secs.

## 5. App and Device Connection

App provides data for you to check and for you to settings.

### 5.1 Connection and Sync

Click Other in App, find connection and sync, the Bluetooth will find the before connected device. After syncing, you can check the data in App.

When syncing, App will display animation, like ripples.

Every one light shine then out until finish syncing.

### 5.2 Firmware Upgrade

Find Settings and click firmware upgrade. If there is new version, download it and upgrade.

Please make sure the battery power enough to finish firmware upgrade. Suggest

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changing the battery when upgrade.

Lights shine and out in contrast until finish syncing.

## **5.3 Goal Settings**

Set your goals and sync to the device. Device connection and sync is the same as App.

## **5.4 Unbind**

One App account binds one device in first connection. The App account only recognizes the bound device. Once the device nearby, you can connect and sync, if not close to you, App will shows “your device is bound by other accounts, please unbind first”. Device can be connected by any App, but one App can only binds one device.

# **6. App Operation**

## **6.1 Check Activity**

You can see today’s activity curves and data in the main interface, slide left and right you can see the data of 7 days ago. Select historical data, you can check all the data before. You can input today’s K CAL intake data.

## **6.2 Check Sleeping**

Push or pull the little arrow in the interface, then click sleep, and you can see your sleeping quality. Select historical data, you can check all the data before.

## **6.3 Check Daily Activity Results**

You can see the results through BMI data. Enter the changes of height and weight, we will continue provide you suggestions.

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## FCC Warning

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.