The Bands
User Guide

FIT·LIFE

Components

Indicator
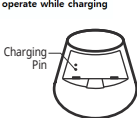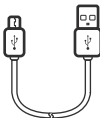Light

Power
Button

Charging
Connector
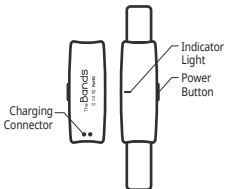
The Bands

this device does not
operate while charging

Charging
Pin

Charger

USB cable

Turning the Device On

Press and hold the power button until the indicator light turns blue. Release the power button.

The indicator light will begin blinking and will continue to blink for about 4 seconds. When it stops, your device is powered on.

You can verify that your device is on by checking the battery indicator in the Fit.Life app.

Turning the Device Off

Press and hold the power button for 5 seconds. Release the power button when the indicator light begins blinking.

The indicator light will blink rapidly for about 4 seconds and then stop. When the indicator light stops blinking, your device is powered off.

You can verify that your device is off by checking the battery indicator in the Fit.Life app

Charging the Device
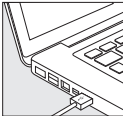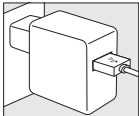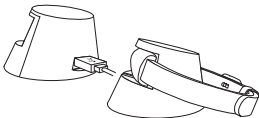
Place your device into the charger, so the power button aligns with the groove in the charger. Use the included USB cable to connect the charger to a power adapter (wall wart) or a computer USB port.
In case you're using a power adapter, you'll need to plug it into a standard wall outlet before your device will charge.

Your device will begin charging automatically, and the indicator light will turn red.
When the indicator light turns blue your device is fully charged.

Checking Your Device's Remaining Battery Life

On the Device

Press and release the power button on your device. The indicator light will display one of two colors.

A blue light means your device has enough power for normal use.

A red light means your device needs charging.

Your device must be on for the indicator light to display the status of your device's battery

[Blue Light] Use   [Red Light] Charge

Using the Fit.Life App

Open the Fit.Life app on your smartphone.
On the app's home screen, you'll see your device's battery indicator.
The battery indicator provides you with the necessary information about your device's battery status.

Finding and Downloading the Fit.Life App

The Fit.Life app works with Apple iPhones running iOS 8.0 or newer, and Android smartphones running Android 4.3 or newer.

You can download the Fit.Life app on either the Apple App Store or the Google Play Store by searching for it. Or, you can use the QR code listed to download the app directly (requires a barcode scanner).

Pairing Your Device with the Fit.Life App

Open the Fit.Life app on your smartphone.
Follow the steps provided to pair your device with your smartphone.
Pairing your device with your smartphone is needed only once.

Your smartphone must have Bluetooth enabled for pairing to work

Tracking Your Activity and Progress

Wear your device throughout your day, so it can track your movements and activities.

To view your progress, open the Fit.Life app then allow your device to sync with the Fit.Life app.

Syncing your device with the Fit.Life app takes about 5 seconds.

After your device and the Fit.Life app finish syncing, you'll be able to view your daily progress inside the Fit.Life app.

Additional Information

Fit.Life products are not intended to diagnose, treat, cure, or prevent any known or unknown diseases. Please consult your doctor or medical advisor if you have any questions or concerns about your health and the use of Fit.Life products.

⚠ Warranty

Your device comes with 12-month warranty. The warranty covers manufacturer's defects during the warranty period. If you have questions about your warranty or would like to submit a warranty claim, please contact Fit.Life at support@fitdotlife.com.