#BETHEFORCE

QUICK START **GUIDE**

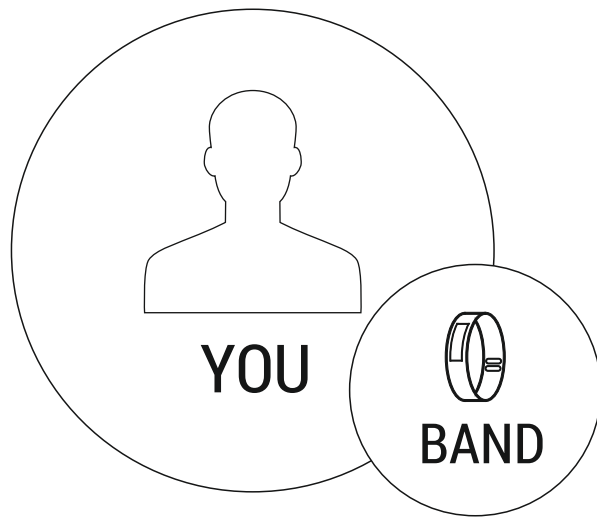# Table of Contents

Understanding GOQii Life.

How it Works.

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The GOQii band collects your data such as steps, distance walked, calories burnt and sleep patterns and transfers it to the app.
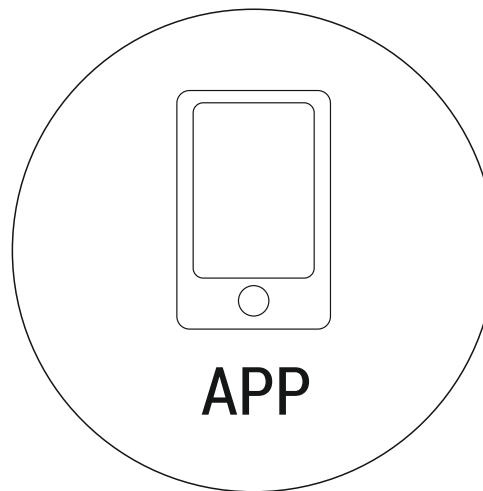
STEP 02
GOQii APP
The app transforms your raw collected data into meaningful analytics for the coach and you.
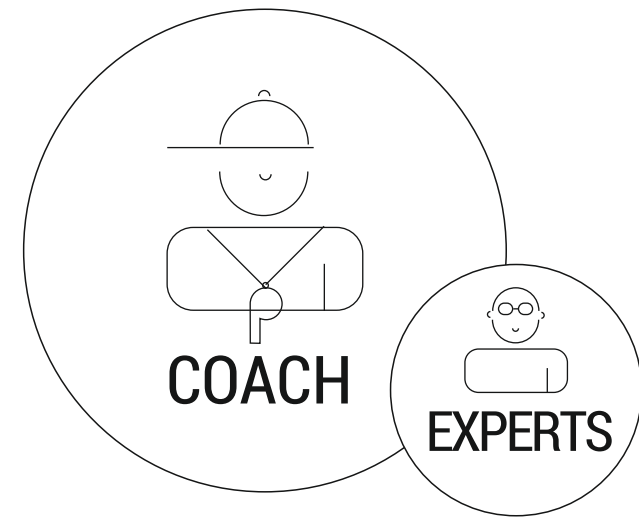
STEP 03
Your Coach and You
Health, fitness and habit experts help the coaches to provide you sustained engagement and goal reinforcement.

Overview of your GOQii Band.

Core
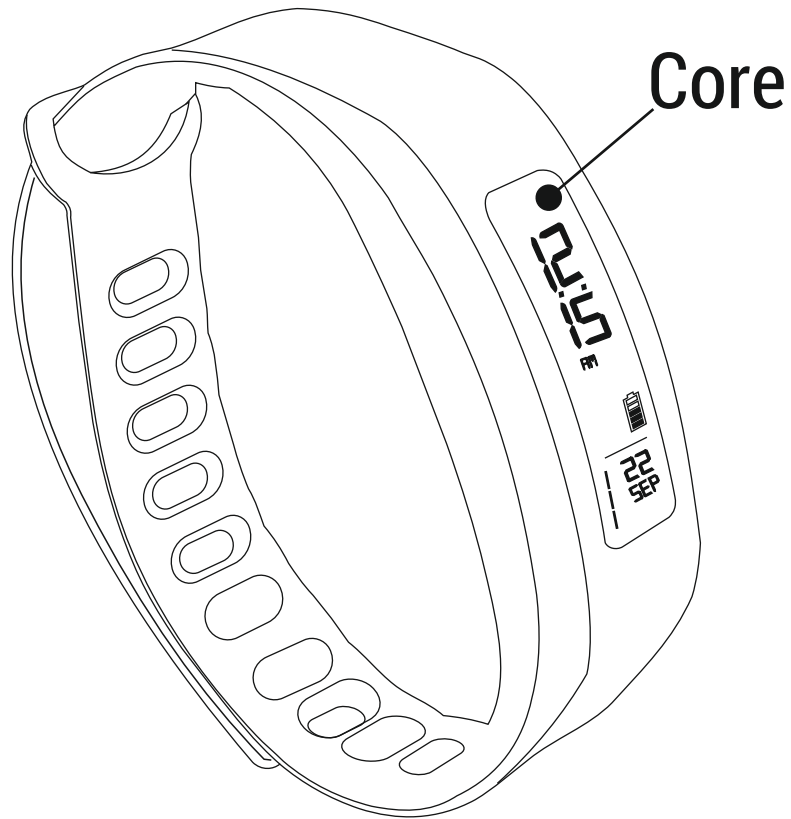
Band

*Optional Accessory - May be available up on request or location.

Getting Started.

Wearing the GOQii Band.

1. Unlock the band,
2. For best results, wear it on your non-dominant wrist (i.e. a right-handed person, should wear it on the left wrist),
3. Insert the charged Core inside the Band,
4. Do not wear it too tight to allow air-ventilation between the band and your wrist,
5. Lock the band around your wrist and secure it with the Loop over the locking intersection.

Correct loop usage
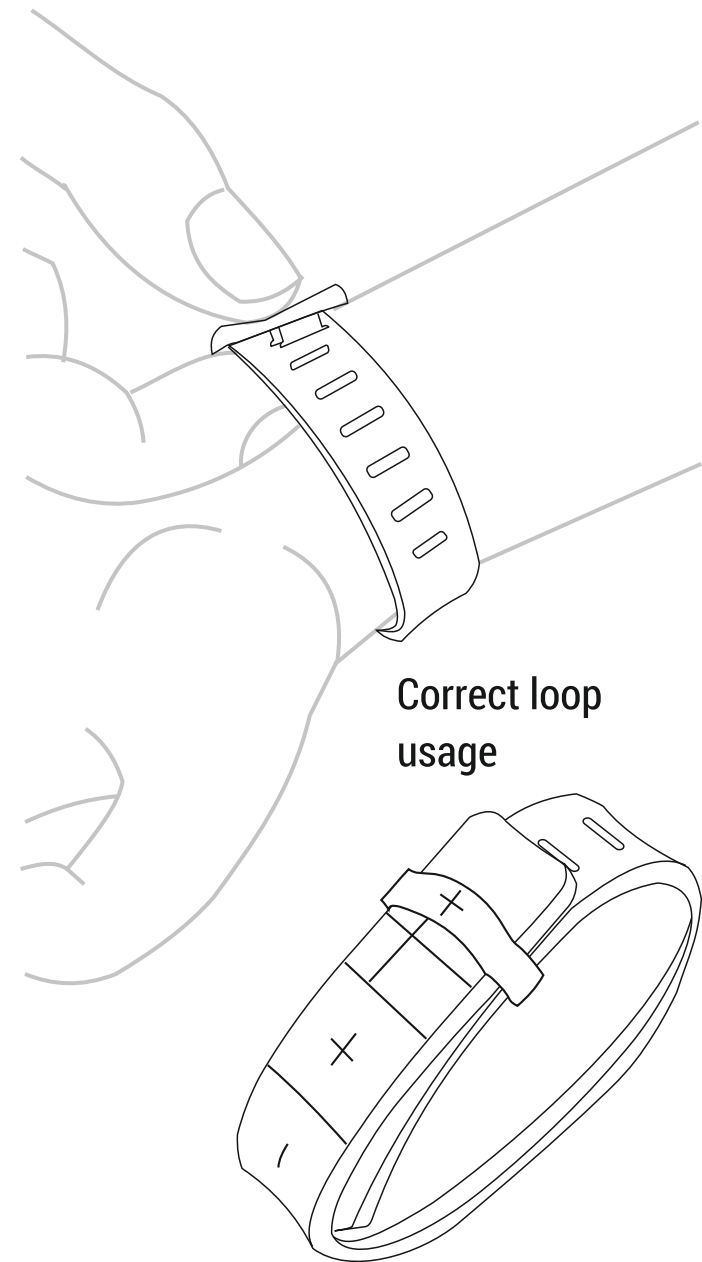
How to remove GOQii Core from band

1. Untie the band from your wrist

2. Gently press the core on both ends till it pops out of the band

3. Pull the core out of the strap

Step -2

Step -1

4
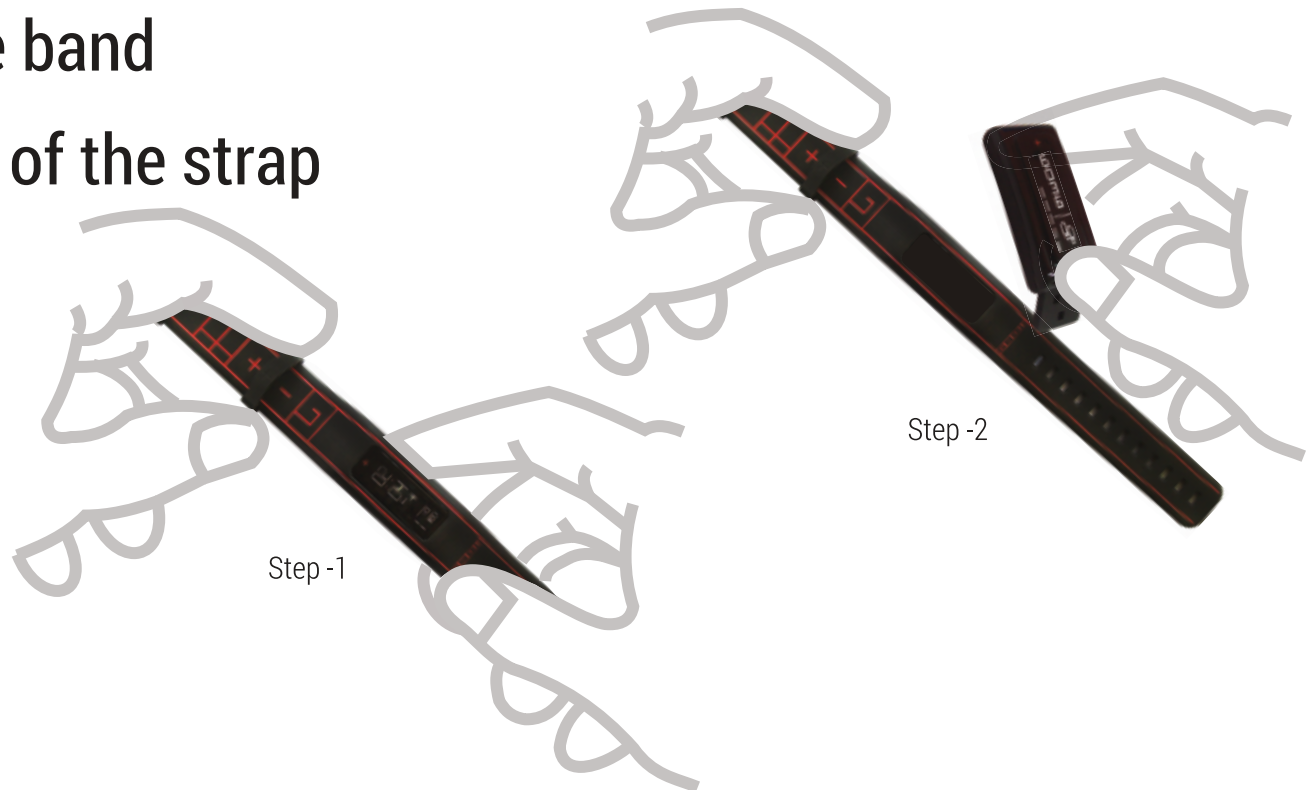
How to charge GOQii Core

1. Your GOQii Band comes with an integrated (in-built) charger*

2. Plug your GOQii device directly into any USB port, Laptop or an Adaptor

3. Once you plug it in, the GOQii logo appears and then the battery icon

4. Charge until battery icon is completely filled

*No separate charger required

*Adaptor not part of GOQii Kit

Battery warnings.

- Do not attempt to remove or replace the battery yourself.
- Use the correct adapter when using the battery charging cradle.
- To avoid electric shock or fire, unplug the power cord and charger during lightening storms.
- Do not expose the battery charger or adapter to direct sunlight or use it in places with high humidity such as bathrooms.
- Avoid dropping the product, especially on a hard surface or exposing the product or battery to a liquid.
- Do not allow children to charge the battery or use the adapter without an adult supervision.
- Always unplug the charger from the wall socket after the product is fully charged to save unnecessary power consumption of the charger.
- Do not expose to high temperature (140°F/60°C).
- Do not allow metal objects or water to short circuit the battery pins.

What the Band Tracks.

The Core inserted in your GOQii Band uses 3-axis sensors and sophisticated algorithms to track movements. Your band tracks activity and sleep patterns in each respective mode. For best results, it must be worn on your non-dominant wrist at all times. It works indoors and outdoors. Occasionally, your band may pick up movements while travelling in a car, airplane or while riding a horse or a bike.

How accurate is the data?

The band calculates and displays activity and sleep based on movements. The margin of error is +/- 10%. We do not recommend checking for momentary accuracy, but you will find it more precise if used to measure your activity for the entire day. Such as, while running it may display lesser distance as your step length increases, but it will accurately display the number of steps taken.

How does the band calculate steps, distance, calories burned and active time?

The GOQii Core uses precision motion sensors and algorithms to determine the steps taken. Distance is calculated measuring your average step length and the number of steps taken. Calories burned are measured based on the number of steps taken and your weight. Active time is the total period of your steps taken.

For how long is the data stored on my band?

The data on your band is stored in the internal memory for up to 30 days. Sync your band regularly to have the most recent data available to you and your coach.

Why am I unable to sync my band to the app?

Exit your app, restart your phone, make sure that Bluetooth is turned on and try again. First time syncing may take upto 15 minutes.

Note:

Your GOQii starts tracking your goal for the next day at 12:00AM for the time zone selected via your app. This does not delete the previous day's data. You can view the previous day's data on your app the next time you sync your Core.

More information can be found at www.goqii.com/help.

Vertical & Horizontal Displays.

Use your app to toggle between Vertical or Horizontal Display on your GOQii band. It's your choice!
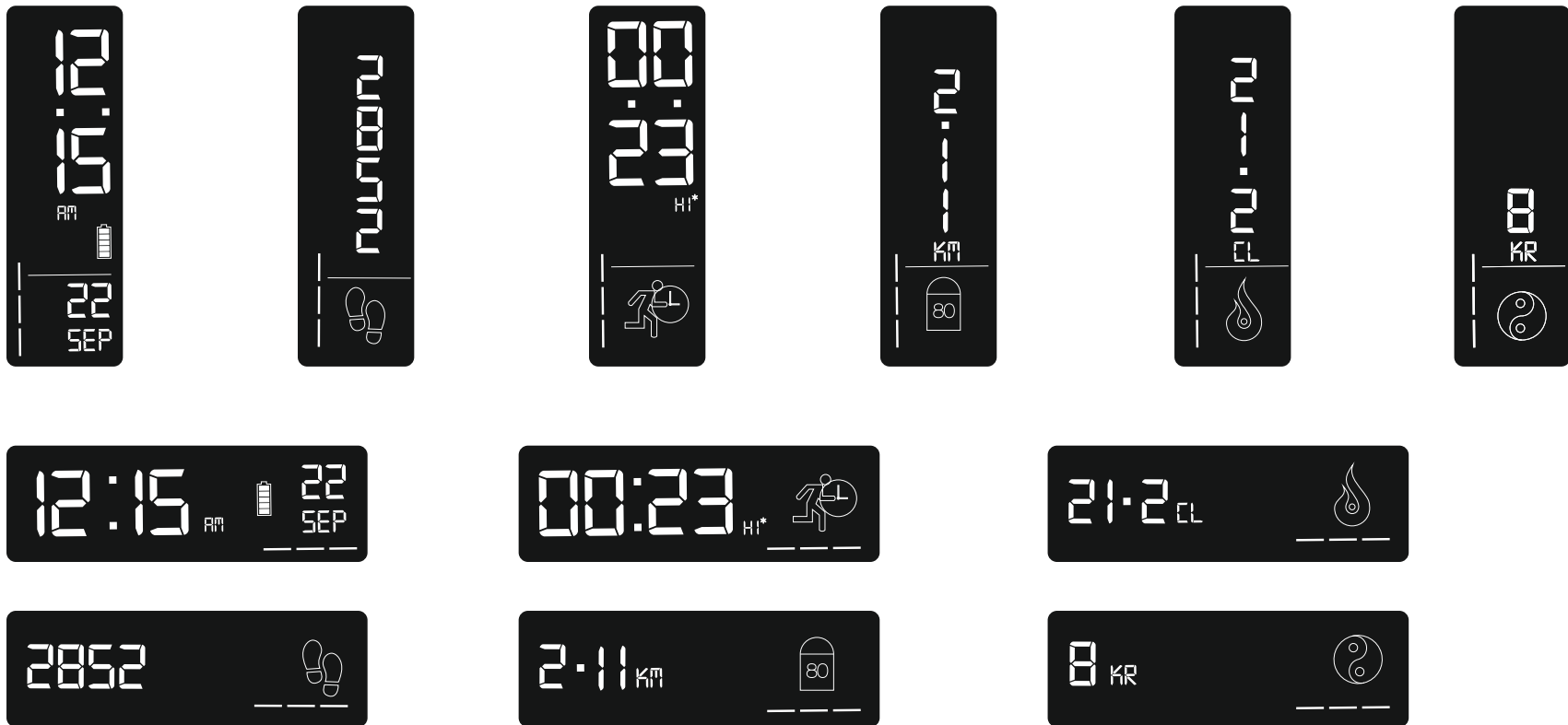
Tap Screen.

1. The GOQii Core has a capacitive tap screen display,

2. Touch, tap, thwack or swipe the Core to view the display,

3. When Active, toggle thru various screens to view:

   • Time, Date, Battery Level & Progress Bar,

   • Steps Taken,

   • Active Time,

   • Distance Traveled,

   • Calories Burned during an Activity,

   • Karma Points Earned.

Time
Date
Level &
Progress bar

12.15 AM
22 SEP
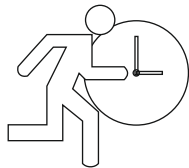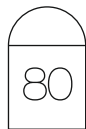
Steps   Active   Distance   Calories   Karma   Battery
(while charging)
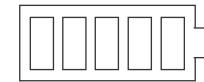
Activating GOQii Life.

Activate GOQii Life to get the App and Coach to start your permanent shift to a healthier lifestyle.

Your GOQii App is available to download via the App Store, Google Play and Windows Phone store depending on your location, phone's model and compatibility.
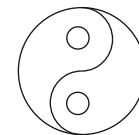
For help or details, visit www.goqii.com/help or write to us at support@goqii.com.

Using GOQii APP.

Your GOQii Band can be used along with GOQii APP on most smart phones and tablets. To view a list of compatible devices, visit www.goqii.com/devices

To Sync your GOQii Core with the App:
1. Download and install the app from App Store, Google Play or Windows Phone Store,
2. Create an account or login with your username or password,
3. Enter the unique Activation Code included in your box,
4. Make sure the Bluetooth on your phone is turned on,
5. Sync your band to your phone.

Note:
• Syncing the GOQii Core for the first time may take up to 15 minutes.

Alarms.

Discreet alarms to get you up and moving

You can set 2 types of Alarms on your GOQii Core - Wake Up and Activity Reminder.

Wake Up Alarm
Use your app to set the alarm time you intend to wake up. When the alarm goes off, the band vibrates and displays the time. Touch to dismiss it. If you don't dismiss your alarm, it snoozes and vibrates again in a few minutes.

Activity Reminder
If you're sitting in one place for too long, your band will discretely vibrate and nudge you to take a few steps.

Karma.
Sweat for good

GOQii rewards you in the form of Karma points for being active.

What are Karma points?

Karma points are a philanthropic reward mechanism for you to stay motivated, be more active and support social causes daily. The more active you are, the more points you collect. In turn GOQii and it's partners provide support to charities on your behalf.

Be the force by donating your karma points daily to a cause of your choice. You can view Karma Points earned for the day on your band or total karma points earned on your GOQii App and make your donation through the app.

Technical Specification

▸ Working Voltage: 3.7 ~ 4.2V

▸ Working Temperature: 0 ~ 40 Degrees C

▸ Battery: Lithium Polymer

▸ Display Type: OLED Display

▸ Weight: 15 grams

▸ Pedometer Range: 0 ~ 99999 steps

▸ Distance Display: 0 ~ 999.9 Kms/miles

▸ Calories: 0 ~ 9999.9 KCal

▸ Time: 12/24 hr format

▸ Alarm Clock: Yes

▸ Call reminder: Caller ID

Safety Information.

Before using your GOQii Band, review the Band safety information provided here.

General safety & handling.
While using your Band, be aware of the following common guidelines:
Your environment.

•Safe operating temperatures - Use and store your GOQii Core in a temperature between 0°C/32°F and 40°C/104°F if possible. Exposing the Core to extremely low or high temperature may result in damage, malfunction or even explosion.

•Around explosives - Do not use in areas where sparks from the product may cause a fire or explosion.

- Always follow any special regulations in a given area.
- Changing the wrist straps with metal or other straps may cause Bluetooth connectivity problem.

Safety tips.
- Do not drop or strike your product.
- Do not damage the power cord by bending, twisting, pulling, heating or placing heavy items on it.
- This product is equipped with a USB cable to connect to a desktop or a notebook computer or to the charger. Be sure that your computer is properly grounded before connecting your product to the computer.
- Do not attempt to repair or modify or remanufacture the product.
- Do not open, disassemble, crush, bend or deform, puncture or shred the product.
- Do not place the product in a microwave oven or a washing machine.

- Do not expose the product to fire explosion or other hazards.
- Clean with a soft, damp cloth. Don't use harsh chemicals (such as alcohol, benzene, or thinners) or detergents to clean your product.
- Do not expose or immerse the product in water or other liquids.
- Like many other wearable devices extreme prolonged, direct skin contact in the absence of adequate ventilation may result in discomfort or minor burns. Therefore, use with care when handling your product during operation.
- If you have a problem using the product, please stop using it and consult with your GOQii Coach or contact us at support@goqii.com

Notes on water resistant properties.

This product is not waterproof. It must not be worn while swimming. However, it is rain, splash and sweat-proof.

Avoid exposing the products to environments with excessive dust or moisture. Do not use the product in the following environments:

• Do not immerse the product in water or any liquid.

• Do not swim wearing this product.

• Do not use the product underwater.

• Do not place the product directly on sand (such as - at the beach) or mud.

Once the product gets wet, take the Core out of the Band, clean with a soft, dry cloth. If there is moisture found in the product, keep it under a warm light bulb or dry it using a hair dryer at a minimal heat temperature.

Pacemakers and other medical devices.

Persons with pacemakers should:

• ALWAYS keep the product more than six (6) inches from their pace maker when the product is turned ON.

• Do not carry the product in a breast pocket.

• Use the wrist opposite the pacemaker to minimize potential RF interference.

• Turn the product OFF immediately if there is any indication that interference is taking place.

If you use any other personal medical device, consult your physician or the manufacturer of your device to determine if it is adequately shielded from external RF energy.

Disposal of your old appliance.

- All electrical and electronic products should be disposed off separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.

- The correct disposal of your old appliance will help prevent potential negative consequences for the environment and human health.

- To dispose your product safely, please contact us at support@goqii.com

FAQ's & Troubleshooting.

Can I use the band as a watch?
Yes, the band displays time and date; so you could use it as a watch as well.

Can I wear the band all the time?
The straps are made of high grade materials and can be worn 24/7. However, we do not recommend wearing the band while you swim, dive or bathe. We strongly recommend cleaning the band regularly to remove dirt and residues from sweat, lotions, water, etc. Ensure you get enough air ventilation between your skin and the band when you wear it.

Will the band cause any allergies?
No, as long as you keep it clean and your skin ventilated. If you experience any signs of discomfort, please stop using the band immediately and contact us at support@goqii.com.

Can I wear it while I shower, bathe or swim?

We do not recommend wearing the band while you shower, bathe or swim.

How long does the battery take to charge fully?

Depending on the USB power source, the battery may take up to 4 - 5 hours to complete charging.

How often will I need to recharge the Core?

Depending upon your usage, the battery of the Core is built to last for 3 - 4 days.

Can I keep it in my pocket or wear it somewhere else?

For best results, we recommend wearing the band on your non-dominant wrist. Wearing it elsewhere may give different results.

Warranty Information.

Limited Warranty.

This product is warranted by GOQii against manufacturing defects in material and workmanship under normal use for the term of your subscription period or 2 years, whichever is lesser. Except as provided herein GOQii makes no express warranties. Except as provided herein, GOQii shall have no liability or responsibility to the customer or any other person or entity with respect to any liability loss or damage caused directly or indirectly by use or performance of the product or arising out of any breach of this warranty. In an event of a product defect during the warranty period, please contact us at support@goqii.com.

FCC　Statement

1. 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.
(2) This device must accept any interference received, including interference that may cause
undesired operation.
2. Changes or modifications not expressly approved by the party 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

RF Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 5mm between the radiator and your body.