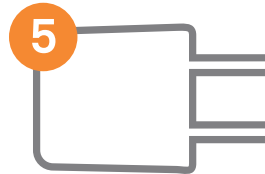
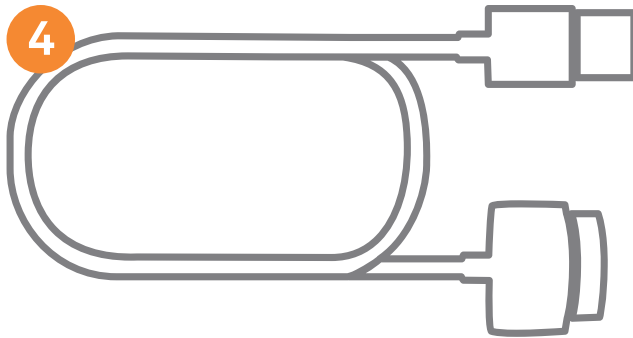
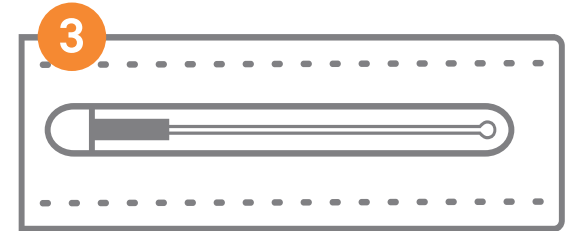
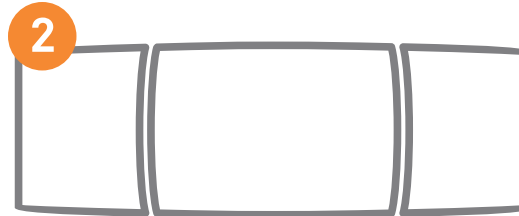
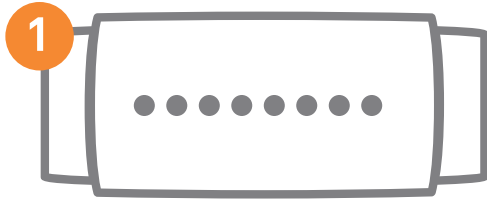


larklife

User Manual

larklife is a dual band and mobile app system that helps you get more out of everyday. It automatically tracks your daily activity patterns and coaches you on how to improve your health, energy and focus, one small win at a time.

What's Inside the Box



1 Smart Core

2 Day Band

3 Night Band

4 Charging Cable

5 Wall Charger

Getting Started

Just got a larklife and not sure what to do?

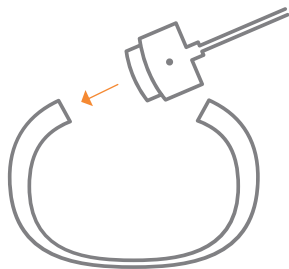
Charge

Start by making sure your wristbands are charged. To charge your **larklife** band:

1. Plug the charging cable into the band; an orange light on the cable indicates it is charging.
2. When your light turns green, your band is fully charged.
3. Insert the core into a charged wristband.

User tip

larklife includes a day band and a night band; each band has its own battery so you can charge one band while you wear the other.



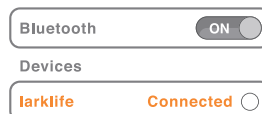
Connect

Once your bands are charged, connect your system to your iPhone or iPod touch. To connect your **larklife** band to your mobile device:

1. Press down the wristband button until the blue light turns on (about 2 seconds). When the blue light flashes, the wristband is ready to pair.
2. Open the Settings app on your mobile device and go to the Bluetooth page.
3. Turn Bluetooth On.
4. Select “**larklife**” from the list of devices.
5. Once it says “Connected,” you have successfully paired the two together.

User tip

If at any point you want to unpair **larklife** from your device, simply go back to the Bluetooth menu in your Settings app, select “**larklife**,” and click “Forget this Device”.



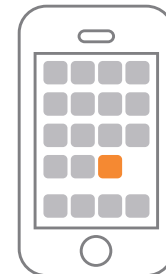
Download

The free **larklife** app is required to use the **larklife** system. To download the **larklife** app:

1. Open the App Store app
2. Search for “**larklife**.”
3. Download the free **larklife** app by tapping on the button that says “Free.” You will be prompted to enter your Apple ID and Password.
4. Once installed, launch the **larklife** app to begin.

User tip

The **larklife** app runs on iOS 6.0 and above. You can update your iOS for free simply through iTunes.



Getting Started (continued)

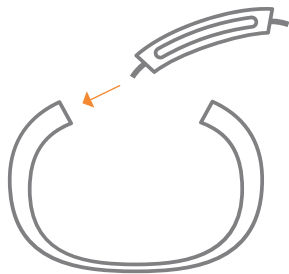
Wear

Once your system is all set up, it is time to start using **larklife**.

1. Plug the smart core into the band and wait for it to start up. An LED light pattern will display to indicate that the start up has been completed.
2. Wear **larklife** on your wrist.

User tip

larklife will track your activities during the day and your sleep quality at night while syncing your data automatically with your mobile device. During the day, **larklife** alerts you when you've achieved small wins - the little things in your day that make a positive impact on your health, energy and focus. Remember to check back in to your **larklife** app throughout the day to see what you did!



Setup

To get started, you will need to setup a **larklife** account:

1. Launch the **larklife** app and follow instructions to create a new account.
2. Complete all the fields in your profile to continue.
3. Press and hold the wristband button until the blue light turns on to sync your wristband. You will need to sync this information to your **larklife** wristband to calibrate your wristband and ensure accurate data.

User tip

If you are already a lark.com user, you should use your existing lark.com email and password to login directly and your data will automatically be copied to your new **larklife** account.

Important Notice

larklife is not waterproof and should not be worn in the shower, be worn while swimming or be submerged in water.



Daily Use

Sync Data

larklife syncs automatically throughout the day through Bluetooth®. If you want to sync manually:

1. Press down on the wristband button until the blue light turns on.
2. Wait for a couple minutes while **larklife** processes your data.

User Tip

Check the Bluetooth® indicator on the top bar of your device to see when you are connecting over Bluetooth®. View your data by turning your device sideways.

Record Your Meals

larklife enables you to quickly log when and what you eat. To add a meal:

On the wristband:

1. Press the wristband button twice.
2. **larklife** will light up and vibrate to confirm your action.
3. The meal will appear in your timeline the next time a sync occurs.

Or

In the app:

1. Launch the **larklife** app on your device
2. Click on the Plus symbol (+) in the upper right of the screen
3. Select “Meal.”
4. The meal will appear on your timeline.

User Tip

Logging meals helps you be more aware of when and what you’re eating, and **larklife** makes it easy to reap the benefits of a food diary without all the hassle. Once you have a logged a meal you can always go back later to select exactly which categories of food you ate.

Track Sleep and Set a Silent Alarm

larklife includes a soft, comfortable wristband for night time that tracks how well you sleep and wakes you up silently with a vibrating alarm. To track sleep and set the silent alarm clock:

1. Remove the smart core from the day band and secure it to the night band.
2. Launch the **larklife** app on your device.
3. Click on the Plus symbol (+) in the upper right of the screen.
4. Tap on the alarm time to set your alarm.
5. Click on “Done” when you have finished setting your alarm.
6. Select “Sleep”.
7. Hold down the wristband button until it vibrates to start tracking sleep and activate your silent alarm.

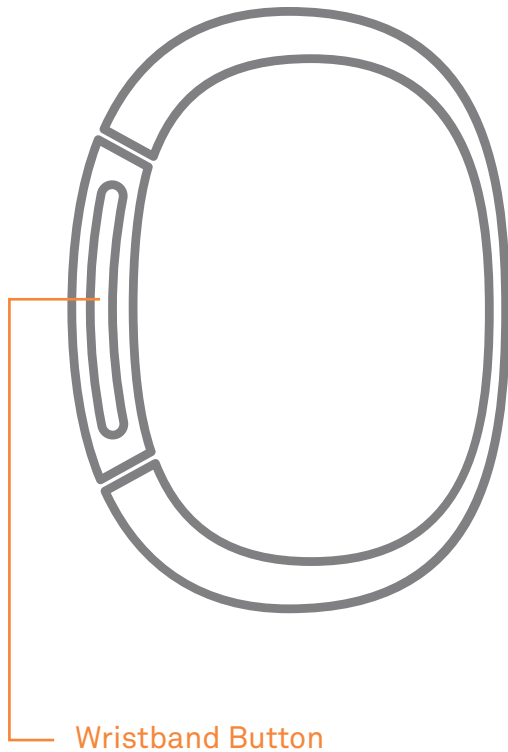
In the morning:

1. Snooze your alarm for 5 minutes by pressing the wristband button once.

Or

1. Press and hold the wristband button to turn off the alarm and get your sleep data.

Quick Guide to Wristband Functions



Day Time

Check recent activity level

Press button once

Manually sync data

Press button until blue light turns on

Log a meal quickly

Press button twice

Night Time

Track sleep and set alarm

Press and hold button until it vibrates

Stop sleep tracking and disable alarm

Press and hold button until it vibrates

Snooze alarm

Press button once

Visit lark.com/setup for more information

Safety Information

lark products can (as is possible with any electronic product) fail without warning. For this reason, lark can not recommend, condone or warrant any application of our products that could cause harm or injury, in any manner, to any person, equipment, or facility upon such failure of the product. For your safety and to protect the equipment from damage in the event of failure, it is important to follow all directions and suggestions related to the products, including (without limitation) only using the power cord that comes with the original packaging and unit. Product is not waterproof and is not intended to be used near water.

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.

FCC Caution:

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

RSS-Gen & RSS-210 statement:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RSS-102 Statement:

This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé.

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