



1. Please see copied below 'draft' instructions that will accompany product:

Welcome to the World of MyPB™ – 'My Personal Best', the worlds first community of like minded, motivated individuals, interested in measuring and monitoring their personal performances via this unique, easy to use, fitness tracking service.

We hope MyPB will inspire you to reach new fitness goals and achieve that ever-challenging Personal Best.

To join in, log on to www.mypb.com and register your Tag with the individual PIN ID # on the front on the Tag. This # is located along the bottom edge of the Tag as you look at it from the front, i.e. under the MyPB logo, and consists of two letters and six numbers). After you have finished your first run, please logon to www.mypb.com, where you will see your latest times within the 'scrolling headline news' area. For further personal stats, go to the Results / Members section where you will have access to more detailed logs, graphs and additional comparative data. Alternatively you can run first and login afterwards. Your personal time will still remain recorded, but you will need to register to view your results.

Attaching your Tag when exercising:

The MyPB Tag has been designed to be worn attached to the laces on your shoe, though can be attached anywhere on your person.

To attach it to your shoe: Unlace the laces on your running shoes down to the first or second eyelet. Loop both the left and right laces through the bottom loop of the Tag and begin re-lacing the shoe as normal for one or two eyelets. Then, as with the lower loop, attach the top loop of the Tag so it is a snug fit on top of the laces on the tongue. Finish lacing as normal. (see 'attaching your tag' diagrams online)

Activating your tag when exercising

To activate your MyPB Tag, simply press the button area (in between the URL and logo) on the Tag until you see the LED light flash. You should feel a slight click when pressing the button area. Depending on the MyPB route proximity to your home, or place where you change for exercise, we recommend that you press the Tag 'on' as you arrive at the MyPB route, while you are stretching. This is great excuse to force yourself to stretch before exercise, as recommended by all sports doctors and professionals.

The Tag does not need to be pressed again, as it will automatically turn off by itself within two hours. This 'auto-off' feature is designed to provide you with the most user-friendly possible system as well as conserve power. You may restart the tag again if you are out on a long run after two hours by simply pressing the button again. MyPB Tags are currently designed to operate for a minimum of 9 months during normal use.*

Once you have finished you can rest assured that the Tag will have automatically recorded your performance, and MyPB technology downloaded and presented your statistics for your private review on www.mypb.com without you pressing a button! How easy can you get?



Enjoy monitoring the improvement of your own performance, or what about challenging that ever-competitive colleague or friend via the MyPB Buddies List? Alternatively why not use MyPB to introduce yourself to that runner you've always wanted to chat to, but now have an excuse. Just ask for their email address and purchase him / her a Tag online as a gift. It's that simple to get a new MyPB Running Buddy! Also remember . . . the service is FREE!! . . . no membership fee's or hidden surcharges apply .

Please tell your friends, use the Help features online for any further questions, but most of all, enjoy getting fitter. We hope you look forward to the new you!

MyPB . . . What's Yours?

*'Normal' use refers to the equivalent of three runs a week
FCC ID: QM770119

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