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PRECAUTIONS

Precautions

Precautions

FCC Rules for Consumers in the U.S.A.

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.

15.21 Regulatory information/ Disclaimers

Installation and use of this XaviX Lifestyle Manager System must be in strict accordance with the instructions included in the user documentation provided with the product. Any changes or modifications (including the antennas) made to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment. The manufacturer is not responsible for any radio or television interference caused by unauthorized modification of this device, or the substitution of the connecting cables and equipment other than manufacturer specified. It is the responsibility of the user to correct any interference caused by such unauthorized distributors. SSD will assume no liability for any damage or violation of government regulations arising from failing to comply with these guidelines.

FCC RF Radiation Exposure Statement: This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

MPE Statement (Safety Information)

Your device contains a low power transmitter. When the device is transmitting it sends out a Radio Frequency (RF) signal.

Safety Information

In order to maintain compliance with the FCC RF exposure guidelines, this equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. Use only with supplied antenna. Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

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

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XaviX Lifestyle Manager

Precautions

Precautions

CAUTION

RISK OF ELECTRIC SHOCK. DO NOT OPEN.

TO REDUCE THE RISK OF ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK). NO USER-SERVICEABLE PARTS INSIDE. REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.

Symbols Used in This User's Guide



This symbol alerts the user to the risk of high voltage inside this equipment. Contact with high voltage may cause an electric shock.



This symbol alerts the user to important operating and maintenance (servicing) instructions in this User's Guide.

For use in North America only.

Avoid Damage to Your Television

- Some televisions, especially front and rear projection televisions, can be damaged through audio / video systems, including the XaviX system. For example, images projected on some televisions may cause "burn-in" or permanent shadows of static images to appear on the TV screen.
- Consult your television user's manual to determine if the system can be used safely on your TV set. If you are unable to find this information in the user's manual, please contact your television dealer or manufacturer to determine if the XaviX system can be used safely on your TV set.

Use with NTSC TVs

- Use the XaviXPoRT only with NTSC TVs. Do not use the XaviXPoRT with PAL system TVs.

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Precautions

Precautions

Health Precautions

The following cautions are for the protection of your health. **Read them carefully** before you and your family start to enjoy the XaviX system.

Caution for Seizures

- A very small percentage of individuals may experience epileptic seizures when exposed to certain light patterns or flashing lights. Exposure to certain patterns or backgrounds on a television screen, including XaviX software, may induce an epileptic seizure in these individuals. Certain conditions may induce previously undetected epileptic symptoms even in persons who have no history of prior seizures or epilepsy.
- We recommend that people who have had seizures or blackouts consult a doctor before they use this product.
- You can reduce the possibility of seizures or blackouts by:
 - Standing as far away as possible from your TV screen.
 - Adjusting or reducing the contrast, brightness and color level on your TV to a comfortable level.
 - Operating the product in well-lit room conditions.
 - Taking a 10- to 15-minute break or not using this product if you feel tired or sleepy.
 - If you feel dizzy or nauseous during use of this product, immediately stop using it, and take a rest until you feel better.
- Keep a careful watch over your child(ren) while they use this product.

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XaviX Lifestyle Manager

Precautions

Section 1 :

Using and Handling the System Cartridge

The System Cartridge comes packed with the XaviX Interface as an integral part of the XaviX system. The System Cartridge is designed to be inserted into the XaviXPORT.

The System Cartridge Blade is designed to connect the System Cartridge to the System Slot on the PORT.

Do **NOT** touch this System Cartridge Blade with your fingertips, or insert wire, metal pins or other objects into this System Cartridge Blade.

Do **NOT** dismantle the System Cartridge for servicing or repair yourself, or Insert anything into openings.

Make sure that the alignment mark on the System Cartridge is in the **correct position** so that the System Cartridge is properly aligned with the inside wall of the PORT.

Place the System Cartridge on the PORT at the **correct location** and **orientation**.

Follow the instructions in the User's Guide to release the System Cartridge from the PORT correctly.

Do **NOT** insert any objects into the PORT to release the System Cartridge.

Keep **away** from water, liquid, moisture and extreme temperatures.

To **clean** off dirt or stubborn stains, wipe gently with a soft dry cloth.

Do **NOT** attempt to install, insert or connect a **non-System Cartridge** in or to the PORT.

Do **NOT** use alcohol, benzene, or other organic solvents or heavy abrasives for cleaning.

Store the System Cartridge away from dusty and dirty areas.

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Section 2 :

Using and Handling the XaviX Scale and XLM Remote

Handle the Scale and Remote with care.

Do **NOT** harm the Scale and Remote by dropping on the floor or dropping objects on the Scale or Remote.

Step on the Scale slowly. Do **NOT** jump on the Scale.

Do **NOT** put the Scale and Remote in direct sun light.

Do **NOT** dismantle or convert the Scale and Remote.

For your safety, and accuracy, only use the XaviX Scale on dry, flat, hard, non-slip surfaces.

Keep the Scale and Remote away from water, liquid, moisture and extreme temperatures.

Make sure the batteries are inserted correctly in the Scale (4 AA) and Remote (2 AAA).

Make sure your child(ren) use the Scale and Remote correctly.

The XaviX Lifestyle Manager is designed for indoor use only.

To clean off dirt or stubborn stains, wipe gently with a soft dry cloth.

Do **NOT** use alcohol, benzene, other organic solvents or heavy abrasives for cleaning.

Store the Scale and Remote away from dusty and dirty areas.

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Precautions

Precautions

Precautions

XaviX Lifestyle Manager (XLM)

Step onto the wireless XaviX Scale and watch as your data is transmitted, updated, analyzed and stored on your XaviX System Cartridge in the XaviXPORT. With the XaviX Lifestyle Manager, you now have the power to manage and improve your life.



XaviX Lifestyle Manager Package Contents

XaviX Lifestyle Manager Package Contents

XLM Remote (1 pc)  No radiated element installed (transmitter nor receiver)	XaviX Scale (1 pc)  Transceiver (transmitter+receiver)
System Cartridge (1 pc)  Transceiver (transmitter+receiver)	AA batteries (4 pcs)  AAA batteries (2 pcs) 
User's Guide (1 pc) 	Quick Set-up Guide (1 pc) 
Registration Card (1 pc) 	Serial No. Labels (4 pcs) 

Four AA batteries for Scale and two AAA batteries for Remote are included. These included batteries are for temporary use only.

Please check carefully to make sure the box includes all components. If parts are missing, please contact the XaviX Customer Service Hotline 1-866-XaviXGo (1-866-928-4946)

Apply one of the provided serial number labels on each of the following components:

- Underside of XaviX System Cartridge
- Registration Card (Provided)
- Owner's Record (Page 73)

You will be asked for your Serial Number when contacting customer service.

XaviX Lifestyle Manager

Product Description

Description of XaviX Scale



① **LCD Screen**

4" viewable LCD screen

② **User Buttons**

5 user buttons (4 profile, 1 guest)

Select one of the 4 profile buttons that matches your user number.

These buttons are also used to input date and time.

User 1: User 1 / Input Increase Button

2: User 2 / Input Decrease Button

3: User 3

4: User 4 / Cancel Button

Guest: Guest / Enter Button

NOTE:

Maximum weight measured is 330 lbs.

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Description of XLM Remote



① **Arrow Buttons**

Press these buttons to move up or down, to the left or right between items on the screen.

② **CANCEL Button**

Press this button to cancel a selection.

③ **ENTER Button**

Press this button to enter a selection on screen. Follow the on-screen instructions.



The XaviX Scale and XLM Remote are exclusively for use with the XaviX Lifestyle Manager. Do not use them for other purposes.

NOTE:

Other fittings and parts on the XaviX Scale and XLM Remote are for decorative purpose only. Do not exert unnecessary force or try to manipulate these parts as you may scratch or damage them.

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XaviX Lifestyle Manager

Product Description

Description of System Cartridge



The System Cartridge has a built-in sensor that wirelessly sends and receives data from your XaviX Scale when inserted into your XaviXPORT.

Please handle with care when storing your System Cartridge. See page 6 for System Cartridge use and handling precautions.

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Description of XaviXPORT

Top



Front



Production Description

① **POWER Switch**
Press this to turn the power on and off.

② **RESET Switch**
Press this to reset your XaviX system.

③ **CANCEL Key**
Press this key to cancel a selection. Follow the on-screen instructions.

④ **Arrow Keys**
Press these keys to move around on screen. Follow the on-screen instructions.

⑤ **ENTER Key**
Press this key to enter a selection on screen. Follow the on-screen instructions.

⑥ **System Stage**
This is the stage that you place the XaviX System Cartridge on.

⑦ **Power Indicator**
This LED lights (green) when the power is turned on.

⑧ **Infra-Red Receiver**
This Receiver detects the signals transmitted by an interface device.

⑨ **Expansion Jack**
This jack is provided for XaviX products that will be sold in the future.

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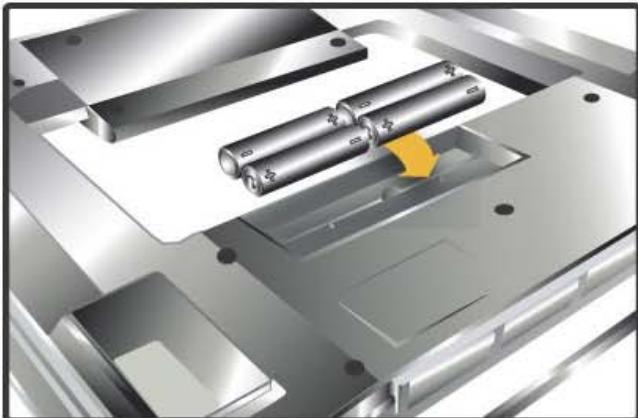
Product Description

XaviX Lifestyle Manager

Product Description

Inserting Batteries in Your XaviX Scale

1. Open the battery cover on the back of the XaviX Scale.
2. Slide the four AA batteries making sure that the + and - ends are facing the correct direction.
3. Close the battery cover.
4. Press any User Button on the Scale, and make sure that the corresponding user number is displayed on the LCD screen of the Scale.



Replace batteries when  appears on the LCD screen. When replacing batteries, be sure to use new batteries and replace all four at the same time. To avoid leakage, do not mix old and new, or different battery types.

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Inserting Batteries in Your XLM Remote

1. Open the battery cover on the back of the XLM Remote
2. Slide the two AAA batteries making sure that the + and - ends are facing the correct direction.
3. Close the battery cover.



After replacing the batteries, make sure that the battery cover has been closed correctly.

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Product Description

Production Description

XaviX Lifestyle Manager

Inserting a System Cartridge in the XaviXPORT

Inserting a System Cartridge in the XaviXPORT

To start XaviX Lifestyle Manager, you must insert the System Cartridge into the PORT. (The PORT is sold separately.)

NOTE:

Before you insert the System Cartridge in the PORT, make sure that your PORT is turned off.
Place the System Cartridge on the PORT at the correct location and orientation. (The System Cartridge Blade must face the front panel of the PORT.)

Procedure :

- A. Place the System Cartridge on the System Stage at the top surface of the PORT.
- B. Press down gently to lower the System Cartridge.
- C. Slide towards you until the alignment mark on the System Cartridge is in position with the PORT.



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Releasing a System Cartridge from the XaviXPORT

Releasing a System Cartridge from the XaviXPORT

NOTE:

Before you release a System Cartridge from the PORT, make sure that the PORT is turned off.

Procedure :

- D. Press down gently with your fingers on both sides of the System Cartridge and slide the System Cartridge in the direction (D) below.
- E. Release your fingers. The System Cartridge will raise up automatically from the System Stage on the PORT in direction (E).



NOTE:

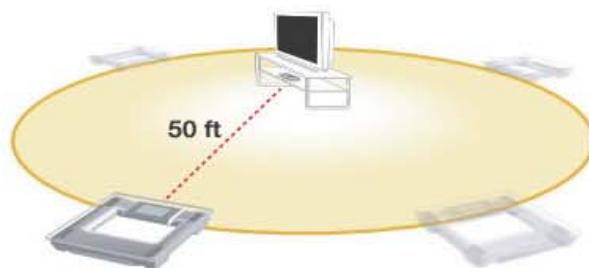
Do not remove the XaviX System Cartridge, disconnect the Power Adapter or turn the XaviXPORT off while data is being transmitted. If you do, or if there is a power outage during the data transmission, your data will not be saved to the XaviX System Cartridge.

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XaviX Lifestyle Manager

Maximum Distance

Typically the maximum indoor range between the System Cartridge in the XaviXPORT and the XaviX Scale is around 50 feet non line of sight. "Non line of sight" means that the XaviX Scale does not need to be "seen" by the System Cartridge in the XaviXPORT to transmit or receive data. This range can be longer in some cases or shorter depending upon the building construction. Certain structures can interfere with radio transmissions. If you encounter an issue with range, please adjust the Scale's position to determine the best spot to establish communication with the System Cartridge in the XaviXPORT.



Maximum Distance

Maximum Distance

How to Use Your XaviX Scale

How to Use Your XaviX Scale

Setting Date and Time on the Scale:

User 1 button will increase numbers, User 2 button will decrease numbers, User 4 button will cancel your input and Guest button will enter information. User 3 button is inactive during this process.

NOTE:

You must set date and time upon first use of the Scale. If the batteries are removed for an extended period of time, or if the battery life expires, you will need to reset the date and time.



Select the button on the scale that matches your user number. Please see page 27 for more information about creating your user profile.

Ensure that the user number and gender displayed on the screen match your profile. Please also ensure that the date and time that are displayed on the Scale's screen are correct. If the user number is incorrect, please exit and press the proper user number. If the date and time displayed are incorrect, turn on your XaviXPORT with XaviX System Cartridge inserted and adjust the date and time accordingly (see page 26).

NOTE:

Step on the Scale after 0.0 lb is shown on the LCD screen.



Selecting the wrong profile on the Scale, or if the date and time displayed on the Scale's screen is incorrect, your weight will not be properly registered in the system.



After "KICK TO SAVE" is displayed, please select any key on the scale to continue. In the morning, * is displayed for your morning weight to be saved.

In the evening, J is displayed for your evening weight to be saved. For accuracy please weigh yourself every morning and every evening (see page 29 for more information).

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How to Use Your XaviX Scale

XaviX Lifestyle Manager

How to Use Your XLM Remote

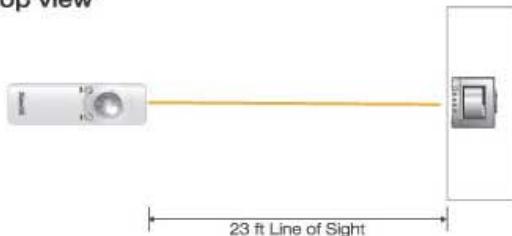
How to Use Your XLM Remote



To use the Remote you must be within 23 feet, direct line of sight, of your XaviXPORT.

Make sure that there are no objects blocking the XaviXPORT, or any shiny or reflective metal objects near the XaviXPORT. Bright overhead light or a light source in the area near the XaviXPORT may also interfere with the sensor.

Top view



NOTE:

Even within the range recommended, you may need to adjust the angle of the Remote to communicate properly.

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How to Use Your XaviX Lifestyle Manager System

How to Use Your XaviX Lifestyle Manager System

When you turn on XLM and log into your account, the Scale automatically transmits data to the System Cartridge in the XaviXPORT. Please insert the XaviX System Cartridge into the XaviXPORT and turn on the XaviXPORT at least every 28 weigh-ins per user (1 day equals 2 weigh-ins: #1-morning, #2-evening).

You do not have to turn on the XLM every day, but you should step on the XaviX Scale once every morning and once every evening for accuracy. Try to weigh yourself at the same time every morning and every evening for best results.

The XaviX Scale can store up to 4 profiles. Each profile can hold up to 28 weigh-ins, or 2 weigh-ins per day for 14 days. Only weigh yourself once in the morning and once in the evening for maximum data storage. If you choose to weigh yourself more often, please use the Guest mode to see your weight. Guest data can NOT be saved.

Once data is transferred to the System Cartridge in the XaviXPORT it will be stored for 10 years from the date of registration.



You must turn on your XaviXPORT with the XaviX System Cartridge inserted and log into your account within 28 weigh-ins per user or there is a chance your weight data will be lost.

NOTE:

If the date or time is incorrect or it is before the date you registered, your weight will not be properly registered in the system.

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XaviX Lifestyle Manager

Using XaviX Lifestyle Manager

Using XaviX Lifestyle Manager



This screen pops up when the Scale and PORT are communicating.

! Do not turn off the XaviXPORT, push any buttons on the Scale, PORT or Remote as these actions may result in a loss of data.

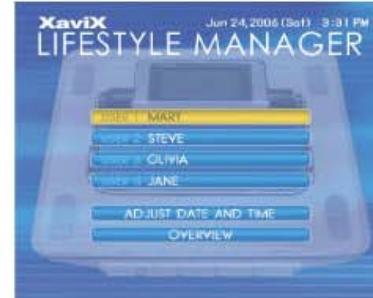


This screen pops up to remind you to make sure that the date and time are correct. If the date or time is incorrect, please correct at ADJUST DATE AND TIME on the title screen.

! If the date or time is incorrect, data may be damaged after log-in.

Title Screen

During XLM use, you can use the buttons on the XLM Remote or the keys on the PORT to make, fix or cancel selections.



You can select a user, adjust date and time, and read the XLM overview here.

The XaviX Lifestyle Manager allows for 4 Password Protected users. Please see page 64 for more details regarding Passwords.

NOTE:

You cannot log in if the date and time is before the date you registered. Please correct at ADJUST DATE AND TIME on this screen.

XaviX Lifestyle Manager

Overview

Overview

Welcome to XaviX Lifestyle Manager

XLM is a system that motivates you to live healthy. This system allows you to use Weight Watching and Vital Indicators to give you the power to manage your lifestyle.

Studies have shown that a person's weight is often directly tied to certain health conditions and overall happiness with oneself. Weight gain and loss occurs for various reasons, just as one's health is determined by various factors. By using the XLM properly, you will be able to use Weight Watching and Vital Indicators to monitor your weight and lifestyle trends to pursue a healthy lifestyle and reach your personal goals.

What is Weight Watching?

This is a technique by which you weigh yourself once in the morning and once in the evening to better control your weight and manage your lifestyle. Watching your weight over these intervals helps you stay conscious of your goals. Fluctuations between morning and evening weigh-ins are normal.

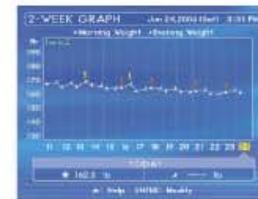
What are Vital Indicators?

Vital Indicators affect your weight, lifestyle and health. The XLM helps track: Consumption of Food and Beverages, Junk Food, Caffeine, and Alcohol as well as Tobacco use, Stress, Exercise, and Sleep. All of these Vital Indicators affect your weight gain and loss as well as your overall health and happiness.

Overview

Overview – What you can do with XLM...

Graphs --- XLM charts your weight over time so you can see your results in detail.



Analysis --- XLM offers tools for you to track your:
Weight Trends
Body Measurements
BMI
Body Fat Percentage
Vital Indicators

Exercises --- XLM provides stretching and exercise examples and routines for your well-being.



XaviX Lifestyle Manager

How to Adjust Date and Time

How to Adjust Date and Time



Select Adjust Date and Time on Title Screen.



Use the Right / Left buttons to select proper fields. Once in the proper field, use the Up / Down buttons to select correct information.

Once the date and the time are correctly selected, press the ENTER button.

You will be asked if this information is correct. Press the ENTER button to continue. The information will then be communicated between the System Cartridge in the XaviXPORT and the XaviX Scale.

⚠ Do NOT turn off the PORT or push any buttons on the PORT, Remote, or XaviX Scale as these actions may result in loss of data.

If the date or time is incorrect, data and access to data may be damaged after log-in.

Creating Your User Profile

Creating Your User Profile

Select a New Entry User Number.



If you continue with the incorrect date or time, your data may be lost or you may not be able to log in next time.



REGISTRATION JUN 24, 2006 3:31 PM

Please enter your name
AALIYAH
AARON
ABAGAIL
ABBY
NEXT / Name Set CANCEL / Name Set

REGISTRATION JUN 24, 2006 3:31 PM

Please enter your name
AALIYAH
AARON
ABAGAIL
ABBY
NEXT / Name Set CANCEL / Name Set

Select the first letter of your name. Use the UP / DOWN buttons to select the appropriate letter. Press the CANCEL button to activate the list of names. Use the UP / DOWN buttons to highlight your name and press the ENTER button. Press the ENTER button again on your name to continue.

If your name does not appear in the list of names, you must create your user name by advancing to the next letter square with the RIGHT button. To scroll through the letters use the UP / DOWN buttons. Continue this process until your name is complete. Once your name is fully entered, press ENTER to finish. To complete this stage, press ENTER again.

While inputting your name, you may move the cursor to the left to erase characters with the LEFT button.



Select the appropriate gender by using the UP / DOWN buttons and press ENTER. You will be asked to confirm if this information is correct. If the information is correct, press the ENTER button. If this information is not correct, press the CANCEL button.

XaviX Lifestyle Manager

Main Menu

Main Menu



Main Menu

From the Main Menu, you will be able to select the feature or action you want. To select a graph, highlight the graph you want to see using the RIGHT and UP / DOWN buttons. Press the ENTER button for your selection. To go back, use the LEFT button or press CANCEL.

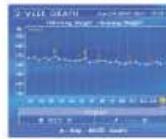
NOTE:

The Historical Graph will only activate after 6 months of use.

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Graphs

The 2-week Graph allows you to see your weight trends over an on-going two week span. Use the LEFT / RIGHT buttons to scroll through your weight history. Use the ENTER button to modify your weight data.



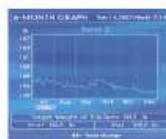
NOTE:

In this mode, you may manually enter or change your weight for daily weigh-ins. If you miss a weigh-in session or more than one, this is signified in the 2-Week Graph by a "-".

The yellow "!" appears if the current day's Δ to Δ increases more than your acceptable weight margin. Please see page 63 for more information about weight margin.



The red "!" appears when your current day's morning weight exceeds the previous day's morning weight. This shows a weight gaining trend. To go to the Help menu for more information, press the UP button.



The 6-month Graph displays your results over a 6 month period. It shows your start weight, end weight and Target Weight for the term. To view different terms, use the LEFT / RIGHT buttons.



This Historical Graph displays your weight data from the time of registration to the current date. This graph only activates AFTER 6 months of use.

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Graphs

Graphs

XaviX Lifestyle Manager

Analysis

Analysis

Analysis

Analysis provides you with the tools and power to analyze and improve your lifestyle.



You can view your recent changes in weight.



Trends - Provides you with a simple evaluation of your trend in weight gain or loss.

Trends



Trends

Your Total Weight Trend is assessed and then displayed in a notation at the top of the screen.

Your Weight Trends are displayed as Recent variations, over the course of the Past Week, and over the Past Month's term.

Your Recent Weight Trend is calculated by using your average weight over the span of the last 3 days.

Your Past Week Weight Trend is calculated by using your average weight over the span of the last 7 days.

Your Monthly Weight Trend is calculated by using your average weight over the span of the last 30 days.

The Indicator arrow will allow you to easily see your trends over the 3 time periods.

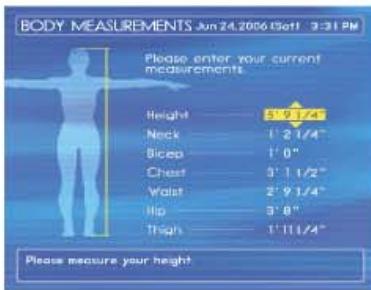
NOTE:

Be sure to weigh yourself regularly for the best and most accurate results.

XaviX Lifestyle Manager

Body Measurements

Body Measurements



By tracking your body measurements you can monitor how your body is changing over the course of time. Your body measurements are important components used to determine your BMI and Body Fat Percentage.

Along with your weight change from one period of time to the next, you will also be able to see how your BMI and Body Fat Percentage fluctuate based on body measurement changes.

NOTE:

The XLM uses the United States Military Body Fat Standards to determine your Body Fat Percentage. Please see page 35 for more information.

Body Measurements

How to Input Your Body Measurements

Select the body area to input measurements. Highlight the numbers and use the UP / DOWN buttons to indicate the correct measurement. Press ENTER to set the data and move to the next field. Press CANCEL to return to the previous field(s).

Height --- Stand up straight and measure yourself vertically from the very top of your head to the very bottom of your feet.

Neck --- Start just below your Adam's apple and measure to where the tape meets.

Bicep --- Make a muscle and measure at the largest area of your arm.

Chest --- Start where your chest is the fullest and measure around your torso.

Abdomen --- Stand up straight and wrap the measuring tape around your mid-section staying level with your belly button.

Hip --- Stand and measure the area where you are the widest around your hips.

Thigh --- Measure at the largest area of your thigh.

Your Lifestyle

XLM is a system that helps you to stay motivated and live a healthy life. This system allows you to track vital indicators giving you the power to manage your lifestyle.

As we all have different preferences, we at SSD believe that no one can determine better than you what is best for YOUR lifestyle. Naturally, there are some guidelines and known facts as to health and lifestyle, but it really comes down to how you want to live your life that should matter to you. The XaviX Lifestyle Manager works as an amazing mirror to show you where you are with your lifestyle and how to change it according to what you want.

One of the key philosophies of the XaviX Lifestyle Manager is Balance. The belief here is, that if you have a balanced lifestyle, your life and health will be at a favorable level. For example: Although most of us would agree that junk food tastes good, most of us know it's not called 'junk' food by accident. However, sweets and other types of food that may not be the healthiest for our bodies do provide a certain enjoyment in our lives. In moderation, junk food has its place. Conversely, excessive and regular consumption of junk food will translate to obesity for most people. With almost anything, an extreme amount is normally unhealthy. As for junk food, sleep, and other vital indicators, it is for you to decide how much is the right amount for you to maximize your lifestyle and health goals.

Your Lifestyle Tips and Indicators

Another key philosophy of the XLM is Weight Watching. Weight Watching is a technique by which you weigh yourself once in the morning and once in the evening over set periods of time. By watching your weight in this fashion you will become more conscious of yourself and will therefore be in a better position to make changes in your lifestyle to achieve the target weight you want.

Your weight is only one aspect of Weight Watching. Watching your Body Mass Index and Body Fat Percentage over time can also help you more precisely gauge your progress towards your goals.

The Body Mass Index is a statistical measure based on height and weight. BMI is generally used by physicians and researchers with regards to obesity.

BMI is one of several tools to measure health. The XLM also uses Body Fat Percentage calculations. The XLM uses the United States Military Standards to calculate Body Fat Percentage. Body Fat Percentage is simply the percentage of fat your body contains both essential fats and nonessential fats. A certain amount of fat is necessary for your body to function properly, however too much can lead to health problems.

Weight gain or loss and your health are tied to numerous factors or Vital Indicators. For example, you may not eat more than normal, but you continue to gain weight because you drink an excessive amount of alcohol, eat too much junk food, your stress level is high, you are not sleeping well, and/or you are not getting enough exercise. In this case, all of these Vital Indicators tie into your weight gain or loss. With the XLM it is now easy to see why you are not achieving your target weight. See pages 38 to 53 for in depth information about Vital Indicators.

Lifestyle Analysis

The Lifestyle Analysis Chart allows you to view vital indicator trends. By analyzing trends in your lifestyle along with your weight, BMI, and Body Fat Percentage, you will be able to easily assess your lifestyle and make any necessary changes to improve your life.

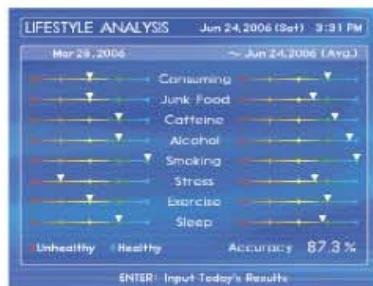
The chart on the left of the screen is established when you first start using the XLM. This is created through the answering of 8 vital indicator questions. The first time you answer these questions, you will need to indicate what you are doing or feeling overall. You will need to answer these questions on a daily basis for accuracy. Your daily answers will be specific to that day you are answering the 8 questions. The chart on the right is a cumulative average up until the last input of your vital indicators.

NOTE:

This screen appears after the first time you answer the 8 Vital Indicator questions.

The accuracy percentage indicates the number of days during the term that you answer the 8 questions. If you answer everyday for the entire term your accuracy level will be 100%.

If the date or time is incorrect, data may not be stored correctly.



Lifestyle Analysis Chart

Each vital indicator has a 5-point colored gauge ranging from Healthy to Unhealthy. Each point that corresponds to your status is represented by a white triangle above the line.

A VERY Healthy lifestyle is indicated in Blue and has the white triangle to the far right. If all or many of your indicators favor this side of the chart, there is a VERY strong likelihood that you are living a VERY Healthy lifestyle and achieving your goals.

A Healthy lifestyle is indicated in Green and located 1 point to the right of the middle of the colored line. If a vital indicator has the triangle over this point and most of your indicators are 1 point to the left or right, you have a Healthy lifestyle. Although you are living a healthy lifestyle, there could be some areas you may want to consider improving upon.

A Moderate lifestyle is indicated in Yellow and located in the middle of the line. If a vital indicator has the triangle over this point and most of your indicators are within 1 point to the left or to the right, it means you are living a moderate lifestyle. By continuing with a Moderate lifestyle, with little to no change, there is a strong chance that your lifestyle will remain about the same and certain goals you set out to reach may not be achieved.

A Less-than-Healthy lifestyle is indicated in Orange and located 1 point to the left of the middle of the line. If a vital indicator has the triangle over this point and most of your indicators are 1 point to the left or the right, it is very likely that you have a Less-than-Healthy lifestyle. By continuing with a Less-than-Healthy lifestyle, it is doubtful that you will reach your goals unless you change your lifestyle.

An Unhealthy lifestyle is indicated in Red and located to the extreme left. If a vital indicator has the triangle over this side of the chart, there is a VERY strong likelihood that your lifestyle is poor, your goals will not be reached, and your overall health is at risk. You should seriously consider changing your lifestyle.

NOTE:

The Vital Indicator triangle may not be directly over one of the 5 points on the colored gauge, thereby more precisely indicating your trends.

Consumption

Daily Food and Beverage Consumption

This Vital Indicator allows you to track your daily food and beverage consumption.

Select the appropriate choice:

How much did you eat today?

Normal amount

This selection means you believe that you consumed a balanced diet with normal portions that day.

Less than Normal

This selection means you believe that you consumed a generally balanced diet with quantities or calories a little less than you should have consumed.

More than Normal

This selection means you believe that you consumed larger quantities and calories than normal, such as two very large meals.

Way too much

This selection means you believe that you consumed far too much food and beverages for the day.

No food at all

This selection means you didn't consume any food at all.

Food and Beverage Consumption

The United States Food and Drug Association (FDA) recommends a 2,000 calorie daily intake of Food and Beverages. Depending on your weight goals, this may or may not be a satisfactory amount of calories. The XLM uses the FDA recommended 2,000 calorie daily intake as a baseline, yet allows you to choose how you believe your food and beverage intake was for you that day.

Consumption Tips

Food and Beverage Consumption Tips

Naturally we all need nourishment. The real question is what sort of nourishment do we need, how much do we need, and what sort of food and beverages are right for you? When it comes to cuisine we all have our preferences, dislikes, and limitations on what types of foods and beverages we choose to consume.

Consuming a variety of foods and beverages is certainly part of enjoying life. However, how and in what manner does effect your weight and lifestyle goals. There are countless diet plans and philosophies one can follow. The following helpful hints are general concepts found in many diets.

Helpful Hints --- Food and Beverage Consumption

- Consider the portions you are consuming. Do you feel 'stuffed' after a meal? Perhaps you are over-eating.
- Note the fat and calorie content of what you are consuming.
- Are you skipping meals? Many studies have found eating inconsistently tends to add weight.
- Did you eat a big snack or meal not long before going to bed? Eating late at night often results in weight gain as the body's metabolism slows when we are sleeping, resulting in less calories burned. If you see a trend of smaller weight margins between morning and evening weigh-ins, this may be a sign of eating too late at night.

XaviX Lifestyle Manager

Vital Indicators

Junk Food

Junk food is generally considered to be food or beverage with limited nutritional values that is typically high in calories, saturated fat, cholesterol, salt, and / or sugar. Examples include items such as cookies, french fries, ice cream, potato chips, chocolate bars, various soft drinks and other processed foods.

This Vital Indicator allows you to track your daily junk food consumption.

Select the appropriate choice:

How much junk food did you eat today?

None

This selection means you did not consume any junk food today.

A small amount

This selection means you consumed just a small amount of junk food.

A little more than I should have

This selection means you consumed a little more than a modest amount of junk food today.

A lot more than I should have

This selection means you consumed an excessive amount of junk food today.

Way too much

This selection means you GREATLY over-indulged in the amount of junk food you consumed today.

Vital Indicators

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Junk Food Tips

In today's fast paced society and consumption-based world, it can often be difficult to eat a well-balanced nutritional meal. Fast food, processed foods, syrupy beverages, and other items often taste great and are convenient, but may not be very good for us. There are also various and tempting sweet treats mostly made up of sugars and fat that are very high in calories and provide little to no nutritional value.

Avoiding junk food may not always be practical, functional, or fun. Here are some helpful hints in limiting your junk food consumption.

Helpful Hints --- Junk Food Consumption

- Moderation is often the key with sweets. Also try reduced calorie and low or non-fat sweets if you are trying to lose weight. A sacrifice in taste will most likely result in a benefit to your waist.
- Keep an eye on your soft drink consumption. Non-diet soft drinks contain more calories and carbohydrates than diet soft drinks.
- If eating fast food, try to aim for the healthier items on the menu. Most fast food restaurants have nutritional guides.
- Rather than snacking on junk food, snack on fruits and vegetables.

Vital Indicators

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Vital Indicators

XaviX Lifestyle Manager

Vital Indicators

Vital Indicators

Caffeine

Caffeine is most commonly found in coffee, tea, energy drinks, kola plants (used to make certain cola drinks), and in more modest quantities in cocoa beans (used to make chocolate). Caffeine is considered by most professionals as a modest stimulant that effects the central nervous system often resulting in a feeling of well-being and alertness. Excessive intake can result in restlessness, insomnia, and heart irregularities.

This Vital Indicator allows you to track your daily caffeine consumption.

Select the appropriate choice:

How much caffeine did you have today?

None

Equivalent of 1 cup of Coffee

Between 2 and 3 cups of Coffee

About 4 to 5 cups of Coffee

Greater than 5 cups of Coffee

Caffeine Tips

Although caffeine is a stimulant, its effect varies from person to person and can lead to certain health concerns if used in excess. In most cases, if caffeine is consumed before going to bed, it usually delays sleep, reduces overall sleeping time and depth of sleep, as well may diminish the quality of sleep.

Long-term and excessive users of caffeine may suffer from chronic insomnia, persistent anxiety, depression, and stomach ulcers. Caffeine also has been associated with irregular heartbeats and may raise cholesterol levels. Regular consumers of caffeine may experience withdrawal type symptoms such as severe headaches, tiredness, and irritability.

Helpful Hints --- Caffeine Consumption

- Use Caffeine in moderation.
- Decaffeinated beverages often provide similar taste without the effects of caffeine.
- Avoid caffeinated beverages before going to sleep.
- Use moderation when consuming caffeinated beverages.

NOTE:

For Lifestyle Analysis, one (1) cup of regular coffee equals 8 fluid ounces and contains about 100 milligrams of caffeine. This is equal to approximately three - fourths (3/4) of a pound of chocolate, 1 fluid ounce of espresso, 40 fluid ounces of black tea, 60 fluid ounces of typical cola, 80 fluid ounces of green tea, and 24 to 32 fluid ounces of energy drinks.

Alcohol

Alcohol is defined here as wine, beer, and liquor, or equivalent thereof. According to the United States Centers for Disease Control and Prevention, heavy alcohol use is defined as more than 2 alcoholic beverages per day on average for men and more than 1 alcoholic beverage per day for women.

The general equivalency for alcohol content equates to one 12 ounce beer, 1-1/2 ounces of liquor, or a 5 ounce glass of wine.

This Vital Indicator allows you to track your daily alcohol consumption.

Select the appropriate choice:

How much alcohol did you have today?

None

Equivalent of 1 Beer, 1 Glass of Wine, or 1 Shot of Hard Liquor.

Between 2 to 3 Beverages

About 4 to 5 Beverages

Greater than 5 Beverages

NOTE:

According to the CDC, a standard drink is any drink that contains about half an ounce of pure alcohol. This generally equals to 1 regular beer (12 ounces), 1 glass of wine (5 ounces), or 1 shot of hard liquor (1.5 ounces).

Alcohol Consumption Tips

Alcohol is a depressant, meaning it slows the function of the central nervous system. Numerous health and behavioral issues are tied to excess alcohol consumption, such as depression, liver problems, as well as brain cell damage. Conversely, some studies have shown that moderate drinkers tend to have lower rates of heart disease and live longer than those that abstain from alcohol consumption or those that consume excess quantities.

Helpful Hints --- Alcohol Consumption

- Use alcohol in moderation.
- Avoid binge drinking.
- If you are noticing an increase in your weight, you may want to consider assessing your alcohol intake.
- If you notice you are drinking in excess, you may want to seek counseling or professional help, especially if using alcohol is hampering or adversely affecting other aspects of your lifestyle.

XaviX Lifestyle Manager

Vital Indicators

Cigarette / Tobacco Use

Tobacco comes from a certain type of plant and contains nicotine. It can be and might create a highly addictive physical and mental dependency. It is usually smoked as in the form of cigarettes, cigars, or used in pipes. It can also be chewed in the form of chewing tobacco. Tobacco carries significant risks and has the potential to cause various types of cancer and other health related issues such as heart disease, emphysema, and increased susceptibility to illness.

Although people use tobacco for various reasons and most commonly continue to use the substance due to addiction, it is widely agreed that tobacco use is hazardous.

This Vital Indicator allows you to track your daily tobacco consumption.

Select the appropriate choice:

How much did you smoke today?

None

5 cigarettes or less

Between 6 to 10

About 11 to 15

Greater than 20 (1 pack)

Vital Indicators

Cigarette / Tobacco Tips

Tobacco use, no matter in what form or how it is used, has the potential to cause various cancers of the mouth, lung, and / or throat as well as other ailments of the body.

Helpful Hints --- Tobacco Use

- Avoid starting or using tobacco products. Most people never expect to become addicted, but become so just the same. Studies have found nicotine to be as addictive as cocaine, heroin, and other highly addictive substances.
- Nicotine stimulates the central nervous system, which is followed by depression and fatigue, leading the tobacco user to seek more nicotine. In quitting tobacco use, it is often the initial stages of dependency that are hardest to overcome. As with anything, especially dropping unhealthy habits, perseverance isn't easy but is well-rewarded.
- Kicking the tobacco habit isn't easy. There are numerous books, groups, techniques, and over-the-counter options to help curb and help overcome the addiction to nicotine. It's also recommend to seek professional medical assistance.
- Motivate yourself to quit tobacco use by any and all things that are important to you. Your health, finances, and your family are all things that suffer from your tobacco use.

XaviX Lifestyle Manager

Vital Indicators

Stress

Stress is defined as an emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health which can be characterized by increased heart rate, a rise in blood pressure, muscular tension, weight instability, irritability and depression. In short, stress takes a toll on most people more than they are aware of.

This Vital Indicator allows you to track the amount of stress for you that day.

Select the appropriate choice:

How much stress did you feel today?

None

This selection means you did not have any stress today.

A small amount

This selection means you experienced just a small amount of stress today.

A little more than I wanted

This selection means you experienced more stress than you would have preferred.

A lot more than I wanted

This selection means you experienced a Large amount of stress today.

Way too much

This selection means you experienced an EXTREME amount of stress today.

Vital Indicators

Stress Tips

We all handle stress differently. Stress often leads to premature aging, over-all unhappiness, domestic and work issues, performance problems, extreme weight gain and loss, poor eating happens, depression, excessive caffeine, alcohol, and tobacco use, and can lead to strokes and heart attacks. It is no wonder stress has been called the silent killer. Most experts agree that if you have a handle on the stress in your life, your life is most apt to be healthy.

Helpful Hints --- Stress Management Tips

- Identify the cause of your stress, then either remove it, change it or adjust to it and learn to live with it.
- Take time for yourself. Even 10 minutes by yourself in a quiet area or doing something you enjoy can reduce stress quickly and make it manageable.
- Exercise is a great way to relieve stress. Ultimately, you are able to be active outside in the fresh air, even just a walk can help ease tension. However, if you are unable to get outside, XaviX has a full line of products that are outstanding ways of getting exercise and relieving tension all in a fun manner indoors.
- Make sure you are getting enough sleep to ensure you are well rested to take on stressors.
- Keep a positive attitude. Many health care professionals agree that a positive attitude goes a long way towards overall well-being.
- Spend time with positive friends or family members. Just talking with someone can help identify the stressors in your life and give you a release or ideas on helping the issues at hand. It's also often good to be around positive people in questionable situations.
- Journaling or just putting what is on your mind or shoulders on paper is a great way to identify and then address what's been wearing on you.
- Consider speaking with a professional counselor.

XaviX Lifestyle Manager

Vital Indicators

Exercise

Physical exercise is any activity that develops or sustains overall health and fitness. Many experts believe that exercise is as vital to human beings and their welfare as is water, food, and shelter since it directly corresponds to an individual's fitness, health, and overall happiness.

This Vital Indicator allows you to track your daily Exercise.

Select the appropriate choice:

How much exercise did you have today?

The right amount for me

This selection means you believe that you exercised an appropriate amount for you that day.

More than I should have

This selection means you believe that you exercised a little more than you preferred that day.

A lot less than I should have

This selection means you believe that you didn't exercise nearly enough that day.

Way too much for me

This selection means you know that you exercised far too much that day.

None

This selection means you didn't exercise at all that day.

Exercise Tips

Exercise is essential to your personal fitness, well-being, health, and ultimate happiness. Ultimately, exercising in ways most enjoyable and beneficial to you is the best way to ensure you continue exercising. Activities such as sports and games are often fun whereas other forms of exercise may feel like work. It is also important to note that many activities we do daily or weekly are forms of low-impact exercise, such as housework, gardening, and walking. The more exercise you get the more you are able to burn fat and calories, which help in weight reduction. However, even excess of a good thing like exercise can be detrimental if done to an extreme. The important thing is to find what you enjoy and what works for you and your goals. Also, it is strongly recommended you consult your physician before starting any exercise program.

Helpful Hints --- Exercise Tips

- ALWAYS warm up and stretch before any moderate to strenuous exercise to ensure your muscles are limber and to reduce the possibility of injuries.
- Stretching helps keep your body and muscles limber and responsive. Many experts recommend taking time to stretch daily.
- Find exercises that you enjoy, are appropriate for you, and help you reach your goals. XaviX has a full line of products that are outstanding ways of getting exercise in a fun manner either alone or with others.
- Find natural ways to increase your exercise levels such as walking the stairs over taking an elevator, parking a little further away rather than searching or waiting for a closer parking space, or walking or biking short distances rather than driving.
- When feeling stress, you can exercise to reduce tension.

XaviX Lifestyle Manager

Vital Indicators

Sleep

Sleep is a natural period of rest for the body and the mind essential to survival and overall health. Most experts agree that adults require between 7 and 9 hours of sleep on average with more sleep needed in cases of sleep deprivation. Too little sleep may cause weight gain, impaired memory and thought process, depression, and decreased immune response.

This Vital Indicator allows you to track your sleep patterns.

Select the appropriate choice:

How long did you sleep last night?

The right amount for me

This selection means you believe you got the right amount of sleep for you the night before.

More than I should have

This selection means you believe that you got just a little too much sleep the night before.

Less than I should have

This selection means you believe that you didn't get enough sleep the night before.

Way too much for me

This selection means you got way too much sleep the night before.

None

This selection means you didn't get any sleep the night before.

Vital Indicators

Sleep Tips

Sleep is an essential human need. How much sleep each person needs to function and feel good varies from person to person and differs over the course of time. For example, when ill or recovering from traumatic experiences, more often than not, it is best to get more sleep. Conversely, if a person gets too much sleep, they may feel lethargic and can be unproductive. There are various forms of sleeping disorders that affect sleep, to which it is advised you seek further information and medical advise if you are experiencing chronic sleeping issues.

Helpful Hints --- Sleeping Tips

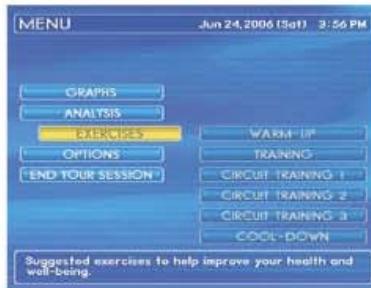
- Avoid consuming caffeine before bedtime or excessive amounts during the day.
- Get an appropriate amount of exercise.
- Keep stress to a minimum and find ways to alleviate it.
- Naps can be helpful to replace lack of sleep or poor sleep.
- Be sure your sleeping surface is comfortable and appropriate for you.
- Consult a medical expert if you are experiencing continued sleeping issues.

XaviX Lifestyle Manager

Exercises

Exercises

The XLM provides some basic exercises you can do to help stay in shape.



You can choose from various exercises that will warm you up, train your body, and cool you down. Please explore all options to find out what works best for you.

Exercises

Exercises

For Your Information

Everyone has heard and knows exercise is good for your health, but not everyone understands how it can also make you feel good too! Getting the right amount of exercise can increase your energy levels and even help you feel better emotionally.

Even modest exercising found in every day actions can help a long way towards making you look physically better, sleep better, provide a sense of accomplishment, age better, and burn more fat and calories. So, not only does exercising do your body good physically, it does you good!

Stretching Exercises --- Stretching daily is strongly recommended by many fitness experts and medical professionals. Even three minutes a day of stretching can immensely add to the well being of your muscles and prevent muscular atrophy.

Natural Exercise --- Found in your every day life, this is exercise naturally found through work, hobbies, and daily activities. Some examples of Natural Exercises are: Walking, cleaning and maintaining your surroundings, and moving and carrying items.

Anaerobic Exercise --- This refers to brief, high intensity activities. Some examples of Anaerobic Exercise include weight lifting, sprinting, and jumping. There are several XaviX products that are also able to provide an anaerobic workout.

Aerobic Exercise --- This refers to activities performed at moderate levels for extended periods of time. Some examples of Aerobic Exercise are: Dancing, jogging / running, brisk walking, racquet sports, rowing, and boxing. There are several XaviX products that are also able to provide an aerobic workout.

Circuit Training --- Provides a simultaneous total body aerobic and anaerobic exercise for maximum health benefits.

Exercises

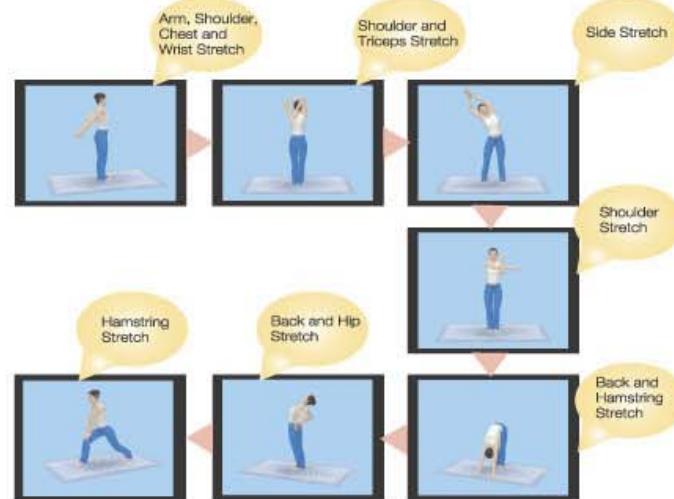
XaviX Lifestyle Manager

Exercises

Warm-Up

Warming-Up increases joint flexibility and muscle temperature, assisting in maximizing the effectiveness of your exercise. There are 14 warm-up stretches provided for you to follow. There are 7 different stretches in Warm-Up ①. The XLM automatically advances to the next stretch sequence after 10 seconds. Performing all stretches should provide a full body warm-up. If you would like to exit out of warm-up press the cancel button.

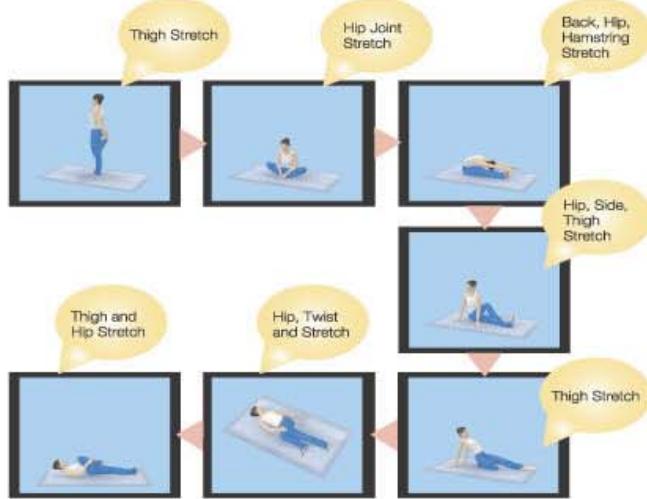
Warm-Up ①



Warm-Up

There are 7 different stretches in Warm-Up ②.

Warm-Up ②



Training



Here you can try any exercise included in our Circuit Training at your own pace.

You can choose your exercise by using the UP / DOWN buttons. When the exercise you would like to perform is highlighted a quick training message is displayed. After this message disappears, the exercise you have chosen will continue until you either move onto another exercise, or press the Cancel button to exit out of Training.

When performing these exercises daily, try to either extend the frequency of the exercise or the length of time. As your workout progresses, your stamina should increase.

Circuit Training 1



Circuit Training provides a simultaneous total body aerobic and anaerobic workout. You will be able to tone your body and burn your body fat efficiently in only 3 minutes. Circuit Training 1 is effective for Biceps, Chest and Back.

Circuit Training 2



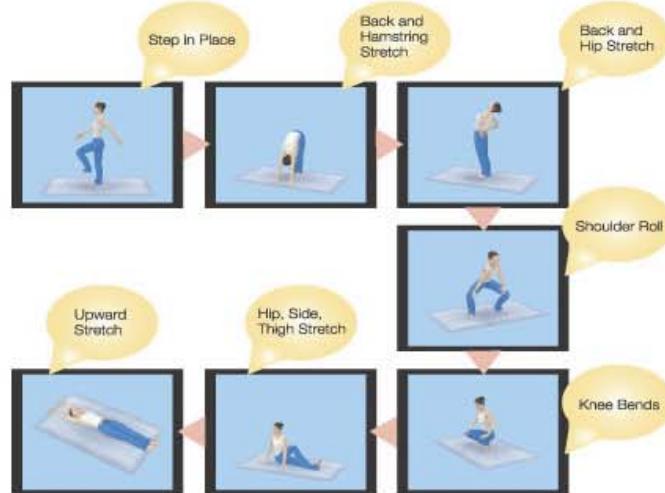
Circuit Training 2 is effective for your Abdomen.

Circuit Training 3



Circuit Training 3 is effective for Hips and Thighs.

Cool-down



Cooling down after exercising allows you to relax your muscles and joints properly.

XaviX Lifestyle Manager

Options

Options

Through the options menu, you can set your TARGET WEIGHT and WEIGHT MARGIN, choose your PASSWORD, and DELETE YOUR DATA.



Options

Target Weight

You can choose the Target Weight you want to reach or maintain during each term by selecting the TARGET WEIGHT option under the OPTIONS menu from the Main Menu. If you do not change Target Weight when you move onto the next term, the current term's Target Weight will be used as the default. Use the UP / DOWN buttons to select your Target Weight.



Weight Margin

The Weight Margin default is 0.83%. You can adjust your acceptable weight change between morning and evening weigh-ins by selecting the WEIGHT MARGIN option under the OPTIONS menu from the Main Menu. Your weight will naturally fluctuate between your morning and evening weigh-ins. Use the UP / DOWN buttons to select your Weight Margin.



XaviX Lifestyle Manager

Password

Password

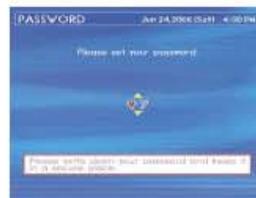
You can register, modify, or delete your log-in password through the PASSWORD option under the OPTIONS Menu.

The XaviX Lifestyle Manager allows you to secure your XLM profile and history using a password system.

NOTE:

It is not required that you use a password to enter your profile, but password protecting your profile will help ensure your data is not compromised or viewed by other users of the XLM.

To select your password, use the UP / DOWN buttons to decide. Once the password you choose to use appears on the screen, press the enter button for activation.



 Once you select your password, write it down and keep it in a secure place.

Delete Your Data

Delete Your Data

You can DELETE YOUR DATA under the OPTIONS menu on the Main menu.

To delete your Profile and Data, use the LEFT / RIGHT buttons to select the option YES to delete your data or NO so as not to delete your data.



Once your Profile and Data is deleted, it can NOT be restored. All data will be lost and your profile on the XLM will no longer exist.

Once a Profile is deleted, the appropriate user number on the Title Screen will display "New Entry". As well, once you delete a profile from the System Cartridge, the corresponding user number profile data on the XaviX Scale will also be deleted. This User number can now be used to create another profile.

XaviX Lifestyle Manager

End Your Session

End Your Session

To end your Session, select the END YOUR SESSION option on the Main Menu.

To Return to the Title Screen, using the RIGHT button, highlight this option and press ENTER. This is advantageous when another user is ready to enter his / her data.

To entirely end your session and safely shut down your XaviX Lifestyle Manager, choose the SHUTDOWN option by using the UP / DOWN buttons to highlight and then press ENTER to end your session. Once the screen dims, you can now power off the PORT.



Congratulations!!!

By following your weight trends and vital indicators you now have the power to change your life.

Patience is key. Don't expect results overnight. Remember, you didn't become how you are overnight. It takes time to make and see the changes. Keep with your program, don't let any setbacks discourage you.

Like with everything, nothing is perfect and you are bound to have some setbacks. It's how you learn from those setbacks and bounce back from adversity that will determine your success and ultimately your overall happiness.

Disclaimers and Bibliography

SSD COMPANY LIMITED makes no claim to be the sole expert with regards to health, fitness, or lifestyle. Lifestyle, health, and fitness information provided in XLM and XLM user's guide were derived from input by health and fitness experts in the USA and Japan, as well as public and common sources, including but not limited to the United States Food and Drug Administration, the United States Centers for Disease Control and Prevention, the United States Military, and the United States Health and Human Services.

SSD COMPANY LIMITED assume no liability for the misuse or interpretations of material provided in this document or software.

It is strongly advised to consult a medical expert before starting any health, fitness, or lifestyle altering program. It is strongly recommended to consult a physician on a regular basis to best monitor your health.

Troubleshooting

Check the following before calling for service.

Problem	Check
PORT Power on. (POWER Indicator light is not on.)	Make sure that the Power Adapter is securely plugged into an AC outlet and the POWER IN on the rear panel of the PORT. (Refer to the XaviXPORT User's Guide.) Check that the POWER Switch of the PORT is turned on. (Refer to page 13 of this User's Guide.)
No picture on TV screen and no sound (POWER Indicator light is on.)	Make sure that you are using an NTSC TV and it is turned on. Adjust the brightness and the contrast of your TV. Check that the required video input on your TV is selected. (Refer to your TV User's Guide.) Check that the System Cartridge is inserted properly into the Cartridge Slot on the PORT. (Refer to pages 16 and 17 of this User's Guide.) Check that the A/V Cable is connected securely to the appropriate jacks of the PORT and TV. (Refer to the XaviXPORT User's Guide.)
No sound	Check to see if the TV volume is turned off or muted. Check to see if headphones are connected to your TV. (Refer to your TV User's Guide.) Check that the A/V Cable is connected securely to the appropriate jacks of the PORT and TV. (Refer to the XaviXPORT User's Guide.)
Poor picture quality or poor sound quality	Make sure that you are using an NTSC TV. (Refer to your TV User's Guide.) Make sure that the PORT is turned off, remove the System Cartridge from the PORT, and then reinsert it. (Refer to pages 16 and 17 of this User's Guide.) Check that the A/V Cable is securely connected to the appropriate jacks of the PORT and TV. (Refer to the XaviXPORT User's Guide.) Press the RESET Switch, then try again. (Refer to page 13 of this User's Guide.)

XaviX Lifestyle Manager

Troubleshooting

Troubleshooting

Problem	Check
Keys on the PORT do not function.	Make sure that the PORT is turned off, remove the System Cartridge from the PORT, and then reinsert it. (Refer to pages 16 and 17 of this User's Guide.) Press the RESET Switch, then try again. (Refer to page 13 of this User's Guide.)
The Scale does not work.	Make sure the batteries in the Scale are inserted correctly. If this still does not work, change the batteries to new ones and try again. (Refer to page 14 of this User's Guide.)
I am not able to weigh myself.	Make sure the Scale is on a flat, hard surface. (Refer to page 7 of this User's Guide.) Make sure you wait to step on the Scale after 0.0 lb is shown on the LCD screen. (Refer to page 19 of this User's Guide.) Make sure the batteries in the Scale are inserted correctly. If this still does not work, change the batteries to new ones and try again. (Refer to page 14 of this User's Guide.)
Weight data is not received properly.	Make sure the batteries in the Scale are inserted correctly. If this still does not work, change the batteries to new ones and try again. (Refer to page 14 of this User's Guide.) Make sure the Scale is within range of the System Cartridge in the XaviXPORT. (Refer to page 18 of this User's Guide.) Check that the System Cartridge is inserted properly into the Cartridge Slot on the PORT. (Refer to pages 16 and 17 of this User's Guide.)
The Remote does not transmit data or does not work.	Make sure the batteries in the Remote are inserted correctly. If this still does not work, change the batteries to new ones and try again. (Refer to page 15 of this User's Guide.) Make sure the Remote is within range of the XaviXPORT. (Refer to page 20 of this User's Guide.) Make sure there are no obstacles between the Remote and the XaviXPORT. (Refer to page 20 of this User's Guide.)

Problem	Check
"RF Module Error", "SF ROM Error" or "Scale Error" shows up on the screen.	Call Customer Support for more details.

Customer Support / Contact Information

If you have any questions or experience any problems with this product, please read the details of this User's Guide and/or the XaviXPORT User's Guide or call our Customer Support Hotline at 1-866-XaviXGo, write to XaviX Product Registration Department, P.O. Box 26490 San Diego, CA 92196-0490, U.S.A. or send an e-mail to service@xavix.com.

XaviX Lifestyle Manager

Notes and General Information

Notes and General Information

Serial No. Labels

Remember to stick the Serial No. Labels on the underside of the System Cartridge, User's Guide and Registration Card.

Mail the Registration Card

Make sure that you have filled out and mailed the Registration Card to us within 10 days of the date of purchase.

Product Registration Online

Please visit www.XaviX.com to access the product registration page. You will also be able to sign up (free of charge) for your own customer login account, which provides you access to more information concerning XaviX products.

This product is for indoor use only.

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Patent Information

US Patent numbers : 6,043,811 ; 6,046,751 ; 6,070,205 ; D552,068
Other patents pending.

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XaviX Lifestyle Manager Specifications

XaviX Lifestyle Manager

General

- System Cartridge
Dimensions (approx.): 106 x 12 x 86 mm (w/h/d)
4.2" x 0.5" x 3.9" (w/h/d)
Weight (approx.): 76 g (0.17 lb)

Interface

- XaviX Scale
Maximum Weight Measured: 330 lbs
Dimensions (approx.): 12.5" X 1.75" X 11.75" (w/h/d)
Weight (approx.): 6 1/4 lbs
Operating range: Within 50 ft of XaviXPORT
Carrier frequency: 2.4 GHz
Operating current: 50 mA
Power consumption: 165 mW

- XLM Remote
Dimensions (approx.): 1.5" X 4.48" X 0.74" (w/h/d)
Weight (approx.): 1.4 oz

Conditions

- Operating temperature: 5°C to 40°C (41°F to 104°F)
- Batteries are required (AA batteries x 4 for Scale, AAA batteries x 2 for Remote)

Indoor use only.

Design and specifications are subject to change without notice.

Owner's Record

The Serial No. of your XaviX Lifestyle Manager System Cartridge is written on the Serial No. Labels (included). When you open your XaviX Lifestyle Manager Package for the first time, immediately apply one of labels in the space provided below. Refer to this number when you call the XaviX Customer Support Hotline for assistance.

Serial No.

XaviX Lifestyle Manager

Welcome to the World of XaviX

Welcome to the World of XaviX

Thank you for purchasing this XaviX system. Before using this product, carefully read this User's Guide and the XaviXPORT User's Guide for safe and proper use, setup and care of your XaviXPORT system. After reading these materials, store them in a safe place for future reference.

Please refer to the table below for trademarks and terms used to describe XaviX products.

Trademark	Terms
XaviX®	XaviX or XaviX Processor
XaviXTechnology™	XaviX Technology
XaviX®PORT	XaviXPORT or PORT
XaviX PORT®	
XaviXLifestyleManager™	Lifestyle Manager or XLM
XaviXSystemCartridge™	XaviX System Cartridge or System Cartridge
XaviXInterface™	XaviX Interface e.g. XaviX Scale or XLM Remote
XaviX® AC Power Adapter	Power Adapter
XaviX® A/V Cable	A/V Cable

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SSD COMPANY LIMITED

3-3-4 Higashiyagura, Kusatsu-city, Shiga 525-0054 Japan
Phone +81-77-565-6050 Fax +81-77-565-7866

Warranty

WARRANTY / XaviX Lifestyle Manager

LIMITED WARRANTY

Subject to the terms and conditions below, SSD COMPANY LIMITED, located at 3-3-4 Higashiyagura, Kusatsu-city, Shiga 525-0054, Japan ("SSD"), warrants to the original purchaser that the XaviX System Cartridge and included accessories (collectively, the "Product") shall be free from defects in material and workmanship for 3 years from the date of purchase (the "Warranty Period"). If a defect covered by this limited warranty occurs during the Warranty Period, SSD will repair or replace, at its option, the defective Product free of charge. However, costs associated with shipping the Product in connection with obtaining warranty service shall be at the purchaser's expense. SSD's repair or replacement shall be purchaser's exclusive remedy with respect to any breach of the limited warranty.

OBTAINING WARRANTY SERVICE

To receive instructions for obtaining repair or replacement warranty services, the purchaser must:

- call the SSD Customer Support Hotline at 1-866-XaviXGo; or
- write to the following address: XaviX Product Registration Department, P.O. Box 26490 San Diego, CA 92196-0490, U.S.A.; or
- send an e-mail to service@xavix.com.

To receive warranty services, the purchaser must also provide a proof of purchase (in the form of a dated bill of sale or invoice receipt) evidencing that the request for service was made within the Warranty Period.

EXCLUSIONS FROM THE LIMITED WARRANTY

This limited warranty shall not apply if the Product: (a) is used with products not sold or licensed by SSD (including, but not limited to, any non-licensed software enhancement, copier device, controller, adapter, or power supply) or otherwise with products that are not compatible with the Product; (b) is used for any commercial purpose (including rental or leasing); (c) is modified or tampered with; (d) is damaged by any Act of God, misuse, abuse, negligence, accident, wear and tear, unreasonable use, or by other causes unrelated to defective materials or workmanship; or (e) has had the serial number altered, defaced or removed. This limited warranty does not cover consumables (such as batteries).

NO OTHER WARRANTIES, LIMITATION OF LIABILITY

TO THE EXTENT PERMITTED BY APPLICATION LAW, THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, WHETHER ORAL OR WRITTEN, EXPRESS OR IMPLIED, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND NO OTHER REPRESENTATION OF ANY NATURE SHALL BE BINDING ON OR OBLIGATE SSD. IF ANY SUCH WARRANTY IS INCAPABLE OF EXCLUSION, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SUCH WARRANTY IS HEREBY LIMITED IN DURATION TO THE WARRANTY PERIOD DESCRIBED ABOVE (3 YEARS). IN NO EVENT SHALL SSD BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, INDIRECT OR SPECIAL DAMAGES RELATING IN ANY WAY TO THE PRODUCT OR THIS WARRANTY.

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This limited warranty is valid only in North America.