



# INSTRUCTION MANUAL



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**This manual is for all Motion watches including Motion Fit, Motion+ and Petite models.**

## FEATURES:

- Smart Touch EKG accurate heart rate without a chest strap
- Pedometer tracks your steps, speed and distance
- Track your calories burned during your walking program



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## A. MIO MOTION FIT AT-A-GLANCE

### GOAL

indicates the value is the daily step goal

### STEP

indicates the value is in step count

### Pedometer Mode

flashing indicates pedometer is activated

### Heart Rate

flashing indicates your Heart Rate is being measured

### HR Lock

indicates Heart Rate is off

### Alarm

### Hourly Chime

### Percentage of Max Heart Rate

### Calories

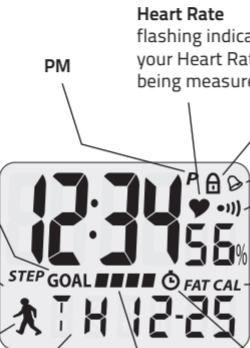
indicates the value is in calories

### Chronograph and Countdown Timer

flashes when timer is running

### Goal Bars

Each bar indicates 25% completion of your step goal



To use LIGHT: Press LIGHT button to turn on the backlight.  
Light will stay on for 4 seconds or until any button is pressed.

Smart Touch  
Sensor Ring

LIGHT BUTTON  
turns on  
backlight

MODE/SET  
BUTTON  
switches modes,  
(hold to enter /  
exit SET mode,  
press to move to  
next setting)

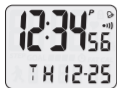


START/ STOP/+  
BUTTON  
starts or stops  
the exercise  
timer, increases  
value

PEDO/ RESET/-  
BUTTON  
decreases  
value, toggles  
between  
pedometer and  
time mode

## B. MODES OF OPERATION

Press **MODE** to move to the next mode.



### TIME

- Displays time, day of the week and date.
- Set time and date



### STEP COUNT & GOAL

- Set Daily Alarm
- Press PEDO button to enter Pedometer functions



### TIMER / CALORIES

Displays exercise timer and calories burned



### DISTANCE

Tracks distance in miles or kilometers



### SPEED

Displays current walking or running speed



### AVERAGE HEART RATE

Displays your average heart rate during exercise



### STEP COUNT & GOAL

Displays number of steps walked + step goal

To exit Pedometer press **MODE** at any time to return to TIME mode.



### TARGET HEART RATE ZONE

- Display toggles between your HI and LO targets
- Set targets



### RESTING HEART RATE

- Measure and display your resting heart rate



### ALARM

- Set daily alarm
- Set hourly chime



### CHRONOGRAPH

- Set and display timer



### COUNTDOWN TIMER

- Set and display countdown timer



### DUAL TIME

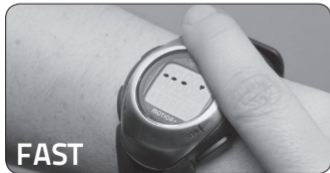
- Display alternate time

## C. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



Place any finger or your palm anywhere on the Smart Touch sensor.

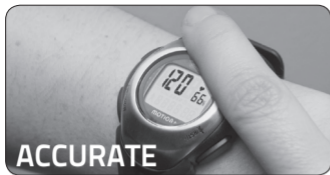
**1**



Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon will flash.

**2**





**Wait for Heart Rate readout (3 to 8 seconds). MIO will beep when the reading is ready.**

Your heart rate will remain displayed for 5 seconds after you release the sensor button.

**3**

You can take your HEART RATE from any mode (except SET modes).

- With the Smart Touch Technology, obtaining your on-demand heart rate by touch has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the stainless steel ring. Experiment to find your own preference.
- A one-time read out of your Heart Rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%).
- MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- For continuous reading, keep pressing the sensor.
- MIO MOTION will also tell you what HR ZONE you are currently in (see section G and H).

The display returns to the previous mode 5 seconds after removing your finger pads from the MIO Smart Touch sensor.

## TROUBLESHOOTING POINTERS

If you don't get your heart rate within 10 seconds, moisten finger pads and try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on the sensor.

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to relax your watch arm.

If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section N).

To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a clean, soft cloth.

## D. QUICK TIPS

### SHORTCUTS

- To return to TIME from any mode, press **MODE** repeatedly until you reach TIME.
- To quickly check your progress in Time Mode, press the **PEDO** button. Your STEP COUNT and STEP GOAL display for 3 seconds.
- To exit from any **SET** mode without going through all settings, hold **SET** key for 2 seconds.

### SET MODES

1. Whatever mode you are in, hold the **SET** button to enter the **SET** mode:
2. Hold **SET** until beep (2 sec). Value you are setting will flash.
3. Press **+** or **-** to adjust the value.  
To scroll automatically, press and hold **+** or **-** buttons.
4. When value is adjusted, press **SET**.  
Repeat steps 2 and 3 as needed or hold **SET** for 2 seconds to exit the **SET** mode.

## E. SETTING TIME & DATE

To change TIME and DATE:

- In TIME mode hold **SET** until beep (2 seconds). Seconds blink. To reset to 0, press **RESET**. Otherwise, press **SET** to move to next setting; minutes blink.
- Press **+** or **-** to set MINUTES. To scroll quickly, hold **+** or **-**. Press **SET**.
- Do the same to select HOUR, YEAR, MONTH, DAY.
- To switch between MONTH-DAY display and DAY-MONTH, press **+** or **-**, then **SET**.
- Do the same to switch between 12H and 24H CLOCK.
- To turn BEEPER on or off, press **+** or **-**, then **SET**.
- To stop making changes at any time, hold **SET** until beep (2 seconds).

## F. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

To prevent triggering the Smart Touch Heart Rate feature from accidental readings due to contact with water or some clothing materials use the Heart Rate Lock feature. Because water is a conductor, it will activate the HR function.

To protect the battery's life while swimming or showering (although wearing in the shower/bath/sauna is not recommended) always use MIO's Heart Rate Lock.

- To turn the HR Lock on: in any MODE press and hold **START/STOP** for 3 seconds. The HR lock icon will display.
- To turn HR Lock off: first dry the watch by towel, then repeat the step above.

## G. USING HEART RATE TARGET ZONE

MIO Motion Fit allows you to set a target heart rate and to compare it to your actual heart rate while exercising.

### TO DETERMINE TARGET HEART RATE

Before beginning exercise, you may choose a desired intensity level based on the Heart Rate Zones detailed below. You may then set the upper and lower levels of your target heart rate zone.

- If you go over or under your target range, MIO will beep twice and display Hi or Lo.
- If you stay within your chosen zone, MIO will beep once and display In.
- If you do not wish to select a zone, you can still check your intensity level during exercise by taking your heart rate and checking the % of Maximum Heart Rate (%MHR) displayed in small digits to the right.

### HEART RATE ZONES

#### **Health Zone 50–60%MHR**

Brisk walking or strength training; improves health, but not necessarily fitness; helpful to patients with heart disease, obesity and arthritis; breathing is comfortable; talking is easy.

#### **Conditioning Zone 60–70%MHR**

Slow jogging; suitable for beginners and warming up; longer sessions required to burn fat and lose weight; breathing more noticeable; conversation still fairly easy.

### **Aerobic Fitness Zone 70–80% MHR**

Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder; conversation still possible.

### **Aerobic Fitness Zone 70–80% MHR**

Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder; conversation still possible.

### **Anaerobic Power Zone 80–90%MHR**

Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.

### **Competitive Training Zone 90–100%MHR**

All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.

## **H. SETTING TARGET HEART RATE ZONE & PERSONAL DATA**

MIO uses your personal information to calculate your TARGET HEART RATE ZONE. You may also set your own TARGET ZONE. When the Heart RATE ZONE function is on, MIO beeps twice each time your heart rate falls below or climbs above the zone limits. Update your weight and resting heart rate regularly for greatest accuracy in MIO's calculations.

- To go from TIME to TARGET HEART RATE (HR), press **MODE** twice.
- To turn HR ZONE alert beeper on or off, press **RESET**. If HR ZONE is on, upper and lower limits alternate and ON displays. If HR ZONE is off, digits are blank and OFF displays.

- Hold **SET** until beep (2 seconds). The upper HR ZONE will flash. To allow MIO to SET your TARGET HEART RATE ZONE, press **SET** twice to allow MIO to set your TARGET HEART RATE Zones and move on to next settings.
- OR if you wish to set your own HR Zone limits, HOLD **SET** until beep (2 seconds). Press **SET** just once, and use **+** or **-** to adjust your upper HR ZONE; press **SET**. Do the same to adjust your lower HR ZONE.
- After skipping or setting your HR ZONES, press **SET** again to reach birth date. YEAR will flash. Use **+** or **-** to adjust the year. Press **SET**.
- Do the same for MONTH and DAY.
- To change GENDER, use **+** or **-**; press **SET**.
- Do the same to change from IMPERIAL (in/lb/mi) to METRIC (cm/kg/km) measurements.
- Use **+** or **-** to adjust the WEIGHT; press **SET**.
- Do the same for Height and STRIDE LENGTH. To determine your STRIDE LENGTH, walk 10 steps, measure distance in inches or centimeters, and divide by 10.
- To stop making changes at any time, hold **SET** until beep (2 seconds).
- To return to TIME, press **MODE** 6 times.



## I. SETTING RESTING HEART RATE (RHR)

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM). Tip: the lower your resting heart rate, the healthier you could be.

Press **MODE** 3 times to go from **TIME** to **RESTING HEART RATE**. Your most recent RHR will display.

Place finger(s) or palm on the MIO sensor ring as described in Section C. The Heart Rate icon blinks. Your resting heart rate should appear within 3 to 8 seconds.

To return to **TIME**, press **MODE** once.

## J. USING THE PEDOMETER

Walking is healthy exercise: to improve your fitness, walking at least 10,000 steps per day is recommended. The pedometer automatically begins when it detects 10 valid steps.

- To go from **TIME** to **PEDOMETER**, press **MODE** once.
- To turn pedometer on or off, press **START/STOP**. The Walking icon will blink when **PEDOMETER** is activated.
- To save battery power the pedometer will be turned off automatically when there is no step count for 15 minutes.

## TO SET PEDOMETER

- Hold **SET** until beep (2 seconds). STEP GOAL displays.
- Use **+** or **-** to turn STEP GOAL meter ON or OFF; press **SET**.  
If you select on, third digit of step goal flashes.
- Use **+** or **-** to adjust 3rd digit in STEP GOAL; press **SET**.
- Do the same to adjust 2nd and 1st digits in STEP GOAL.
- To turn on or off the HR ZONE ALERT (that beeps you when your heart rate goes above or below your pre-set limits), use **+** or **-**; press **SET**.
- Use **+** or **-** to adjust sensitivity level 1 through 3. The default level is 2. If pedometer activates too quickly, set sensitivity level at 1; if it doesn't activate quickly enough, set sensitivity level at 3.
- To save new settings, hold **SET** until beep (2 seconds).
- To reset pedometer count and data, hold **RESET** until beep (2 seconds).

## TO REVIEW YOUR PROGRESS

In PEDOMETER mode, press the PEDO button to scroll through data. See Section B for info on data available in the PEDOMETER mode.

**Calories burned are counted only when the PEDOMETER is turned on.**

MIO Motion Fit gives you a running average of your heart rate. Every time you take your heart rate—during exercise or at anytime—MIO automatically calculates your most up-to-date AVERAGE HEART RATE.

## K. SETTING ALARM AND HOURLY CHIME

Press **MODE** 4 times to go from TIME to ALARM.

### TO SET ALARM

- Hold **SET** until beep (2 seconds). HOUR digits flash. Use **+** or **-** to adjust the HOUR; press **SET**. Use **+** or **-** to adjust the MINUTE, then press **SET**.  
To scroll quickly, hold **+** or **-**.
- To save new setting, hold **SET** until beep (2 seconds).

### TO TURN ALARM OFF and ON

- Use START button to toggle the alarm on or off.  
The Alarm icon will display or disappear.

### TO TURN HOURLY CHIME OFF and ON

- Press **RESET** in Alarm MODE. The chime icon will display or disappear.

## L. USING EXERCISE TIMERS

MIO Motion Fit has 2 timer types: COUNT-UP & COUNT-DOWN. You can choose the one that is suitable for your exercise.

### TO COUNT UP FROM ZERO (Chronograph - CHR)

- Press **MODE** 5 times to go from TIME to COUNT-UP timer. Chr displays.
- To start CHRONO timer, press **START**.
- To see split time, press the **PEDO** button. Press again to resume timing.
- To stop timer, press **STOP**.
- To reset timer to, hold **RESET** until beep (2 seconds).
- To return to TIME, press **MODE** once.

## TO COUNT DOWN TO ZERO (Timer - TR)

- Press **MODE** 6 times to go from TIME to COUNTDOWN timer.
- Hold **SET** until beep (2 seconds). TR displays and seconds flash.
- Press **+** or **-** to adjust SECONDS. Press **SET**.
- Do the same for MINUTES and HOURS. To save settings, hold **SET** until beep (2 seconds).
- To start timer, press **START**.
- To pause at any time, press **STOP**. Press **START** to resume.
- Timer will beep during last 5 seconds, with rapid beeps at 0.
- To reset timer, hold **RESET** until beep (2 seconds).
- To return to TIME, press **MODE** once.

## M. USING THE DUAL TIME

MIO Motion Fit allows you to set a second clock, ideal for those traveling across time zones or for those regularly calling contacts in another time zone.

- Press **MODE** 7 times to go from TIME to DUAL TIME.
- Hold **SET** until beep (2 seconds). HOUR flashes.
- Press **+** or **-** to adjust HOUR, Press **SET** to repeat process for MINUTES.
- To return to TIME, press **MODE** once.

## N. TO CHANGE MIO'S BATTERY

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

**Important: Improper battery replacement may cause damage and void the warranty.**

**Free!**  
**Motivational!**  
**Unlimited access!**



MOTION FIT includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data.

Set yourself challenges and use the support of our free personal trainers and other MyMIO members to reach and surpass your goals. All MIO users have free access to this site, and those with Well Connect products can automatically upload their data. Join today to take advantage of everything MyMIO can do to help you achieve your health and wellness goals.

**INCLUDES THE FAMOUS 3500 CALORIE CLUB™:  
BURN 3500 CALORIES, LOSE A POUND OF WEIGHT.**

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# MIO MOTION FIT SPECIFICATIONS

12/24 hour clock with autocalendar from 2000 to 2099;  
Hourly Chime + 1 Daily alarm, 30 seconds duration

## PEDOMETER

- Displayable Range: **0-999999 steps**
- Exercise time (hh:mm:ss): **99:59:59**
- Maximum Distance: **999 km (624 miles)**
- Maximum Speed: **36 km/h (22 mph)**
- Calorie Range: **0-99999 calories**
- Pedometer Sensitivity: **3 levels**

## HEART RATE (HR)

- Heart Rate Range: **30-240 BPM**
- Upper and lower limit HR zones/alerts  
% of maximum heart rate (%MHR)

## CHRONOGRAPH

- Resolution: **1/100 second**
- Measuring range (hh:mm:ss): **99:59:59**
- Split time

## COUNTDOWN TIMER

- Resolution: **1 second**
- Measuring range (hh:mm:ss): **99:59:59**

Luminescent Backlight: **4 second display**

Backlight: **5 second display**

Operating Temp: **0°C to 40°C**

Lens: acrylic Watchcase: **ABS**

Strap: **polyurethane**

Caseback: **stainless steel**

Buckle: **stainless steel**

Battery: **lithium type CR2032**

Made in China

Specifications subject to change without notice

Water  
Resistance

**50**  
meters

**Do not push  
buttons  
underwater.**

The Heart  
Rate Measure  
function is  
not intended  
for use or  
operation  
in or under water.

## LIMITED ONE YEAR WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.

YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: MIO WATCH SERVICE CENTER, 7501 N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1-877-770-1116 FAX 1-309-689-6543

NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.



## DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET & WEBSITE IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSICAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE: RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN EKG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

## WARRANTY AND REPAIRS CONTACT

MIO Watch Service Center,  
7501 N Harker Drive,  
Peoria, IL 61615

Toll-free: 1-877-770-1116

Fax: 1-309-689-6543

[www.mioglobal.com](http://www.mioglobal.com)

Made in China  
PWC130-03003(MIO)



EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service. EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this Finger Sense Heart Rate Watch (MIO MOTION FIT) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.



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