

WELL CONNECT SERIES



QUEST

USER GUIDE 1.0.2

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INTRODUCTION

Thank you for purchasing Mio QUEST. This GPS watch is packed with personal training features like speed, trip time, laps, etc. GPS navigation features were integrated in Run mode and Waypoint mode. GPS can display your current location in an electronic map. Watch features include 12/24H Time format, Chronograph, World time, 5 daily Alarms, Data, Sensor link, PC link, and Set modes. Mio QUEST can communicate with a PC to store and review your performance. This watch also has a power saving mode to increase operating hours. It uses a rechargeable battery that can be charged through the USB port of your PC. It also uses HRM belt (optional) with 5.3 KHz technology to monitor your heart rate for all your HR related information.

Accessories list

1. 5.3K HRM belt
2. USB charging & PC LINK cable
3. Bike Mount

About GPS

Global Positioning System (GPS) is a satellite-based navigation system made up of a network of 24 or more satellites. GPS works anywhere in the world, 24 hours a day. Tall buildings and adverse weather may interfere with GPS accuracy. When 3 satellite signals are received, the watch will have 2D GPS fixed position (Latitude and Longitude). When 4 or more satellite signals are received, the watch will have 3D GPS fixed position (Latitude, Longitude, and Altitude).

Shipment mode

To save battery power during shipment, the watch can be put into shipment mode where the display is blank. Press any key to go back to time mode.

GETTING STARTED



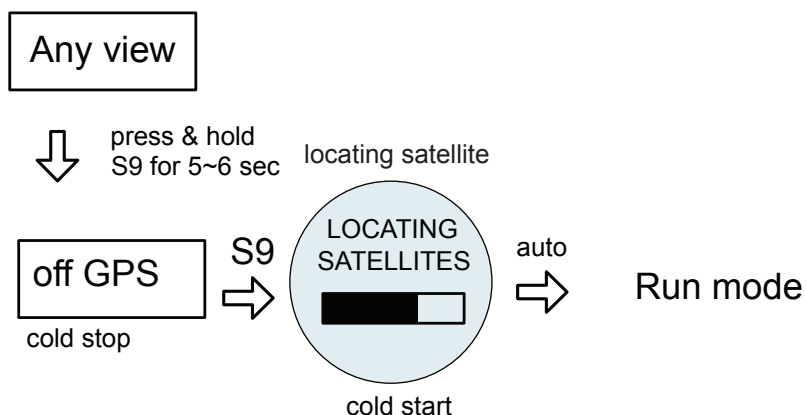
How to turn the GPS on and off

IMPORTANT: For faster GPS start find an open area and stay there with minimum movement until the watch has completed the connection with the satellites.

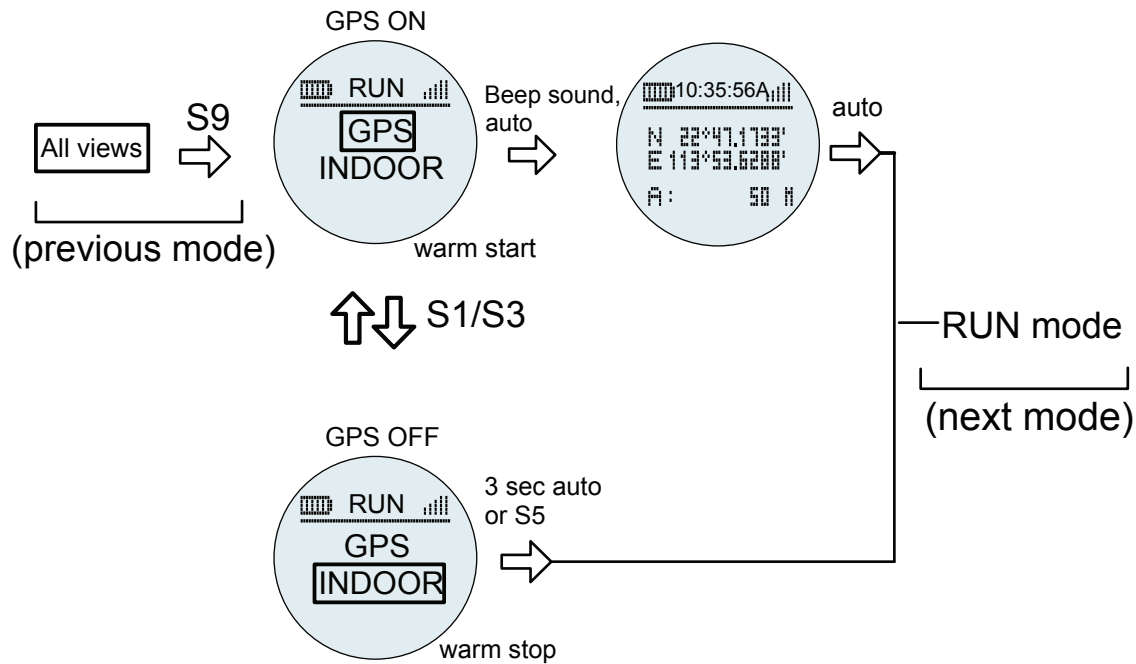
GPS is the major function of the watch. It is important to know how to turn it ON and OFF. There are 2 ways of turning on the GPS.

Cold start: This is when you turn on the GPS for the first time and when you start the GPS when the GPS module is initially powered down. Cold start takes longer to connect to the satellites compared to warm start.

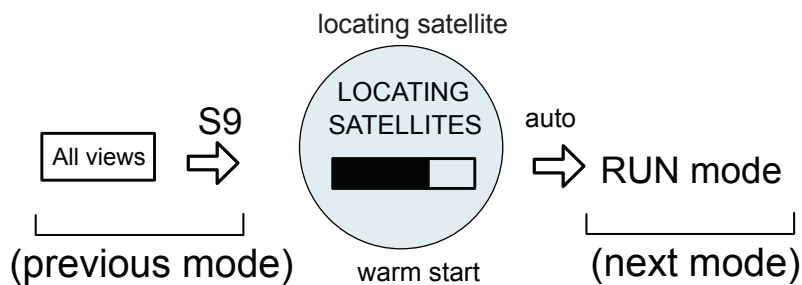
From any view, press and hold S9 for 5 to 6 seconds. The watch will display “GPS OFF”. Press S9 again to turn on the GPS. The watch will then start locating the satellites. The dark black status bar will start moving from left to right. When the connection is completed, the watch will go to Run mode.



Warm start: this is when you turn the GPS on when the GPS module is already running and was just turned off. Warm start is usually faster than the cold start. There are two states of the GPS module while it is running in the background. The two states are GPS ON and GPS OFF. While GPS is initially ON: from any view, press S9 to turn on the GPS. The watch will momentarily display GPS ON/OFF. User can select ON or OFF by pressing S1/S3. If you select ON, it will display your current location, and then go to Run mode. If you select off, the watch will go direct to Run mode.



While GPS is initially OFF: from any view, press S9 to turn on the GPS. The watch will start locating the satellites. It will then go to Run mode after successful connection. This process is usually faster than the cold start.

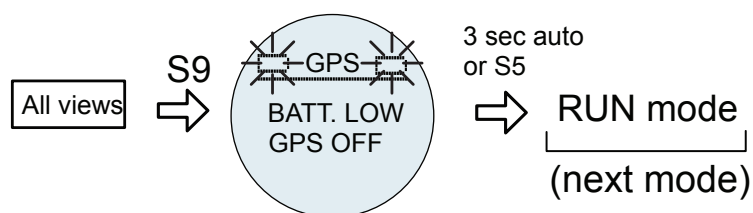


GPS signal searching (cold start)	
GPS signal searching (warm start)	
GPS signal received	
No GPS signal	

You will hear a beep when the watch has received a GPS signal or when the GPS signal has been lost. LOST GPS signal will also be displayed in the screen.

Battery low condition

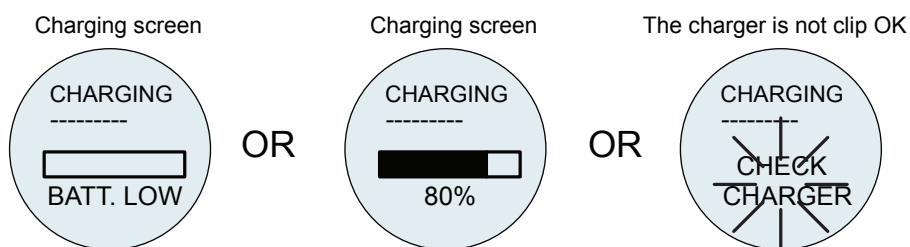
You cannot turn on the GPS when the battery is low. The watch will display BATT LOW GPS OFF and proceed to Run mode. The battery icon will also blink. You need to recharge the battery in order to use the GPS again.



When the battery is almost low and you still perform your exercise, your data may not be saved if the battery becomes low. Please make sure the battery have enough battery power before doing your exercise in order not to lose your data.

Battery Charging

When the battery is low, it is time to charge your Mio QUEST. Use the USB clip to charge the watch. Plug the other end of the cable to the USB port of your PC. Following are the possible screens when you charge your watch.



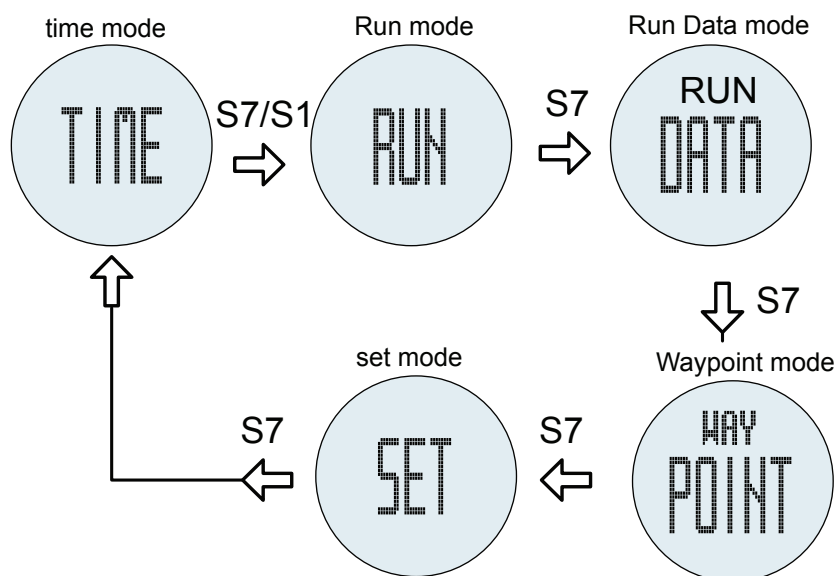
When it displays check the charger, re-adjust the clip and make sure there are no contamination or dirt between the contacts of the clip and the back of the watch.

Once the battery is full, it will display CHARGING COMPLETE. After you remove the charging clip, the display will auto return to the previous screen.

Note: It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.

GENERAL OPERATIONS

The watch has the following main modes: Time, Run, Data, Waypoint, Sensor Link, PC Link, and Set modes. Press S7 to scroll through these modes.



Power Saving Screen

This watch has a power saving feature to prolong battery life. When GPS is OFF, HRM is not linked, and no key operation for 1 minute, the display will auto go to Power saving screen. In power saving Screen, Press S7 to go to Run mode. Press any other key will go from power saving screen to previous screen.

Note: If GPS is ON or Chronograph is running, it will not go to power saving screen.

Power saving screen



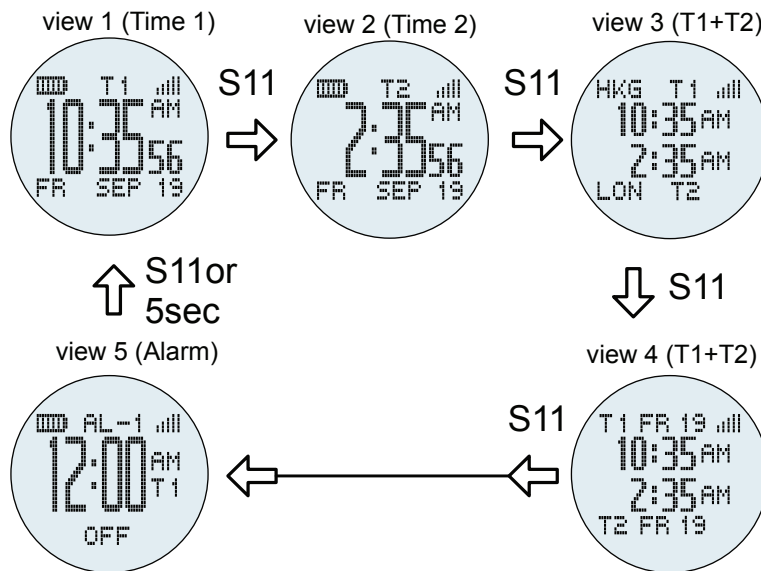
TIME MODE

Press S7 from SET mode to TIME mode. The watch will momentarily display the word “TIME” then replace it with view 1 of Time mode after 1.5 seconds.

There are 5 views to choose from in TIME mode:

1. Time 1
2. Time 2
3. T1 + T2 (with Location)
4. T1 + T2
5. Alarm

Press S11 to scroll through these views. View 5 will auto change to View1 in five seconds or press S11.



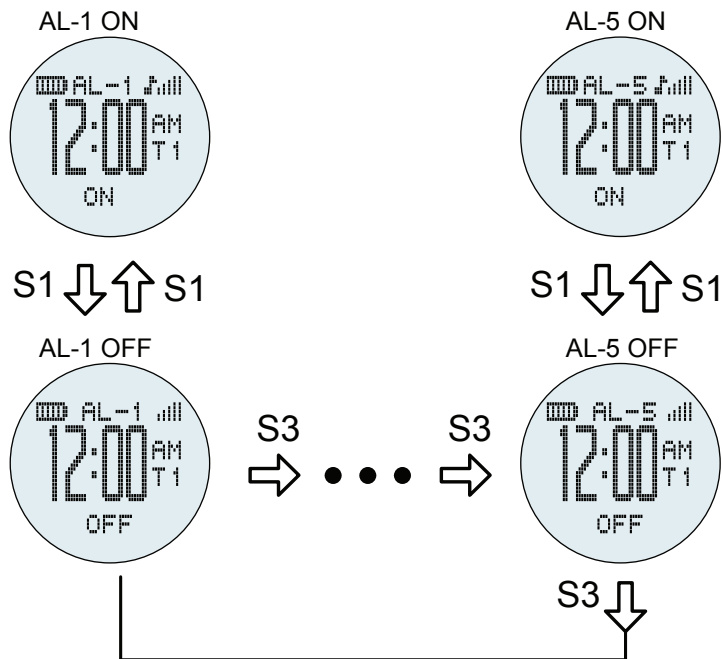
Note: This is a view function. The last view you set will be the first to appear once you enter the time mode.

Shortcut key: from any views above, press S1 or S7 → Go to RUN mode

Alarm mode

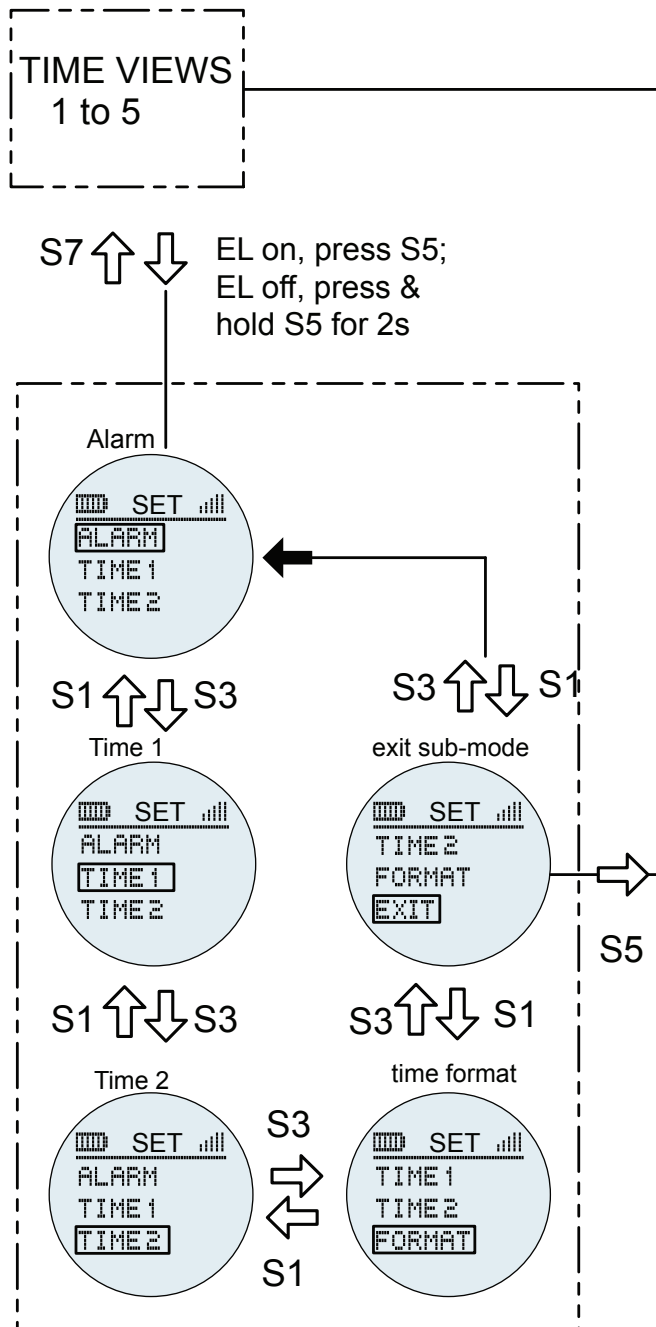
There are 5 daily Alarms. Individual alarms can be referred to either Time 1 or Time 2. After reset, Alarm default is 12:00 AM, OFF. Alarm sounds for 20 seconds. While alarm sound is active, Press any key to stop the sound without doing the key function. When Alarm is ON, Alarm icon is displayed in Time mode.

Alarms 1 to 5 can be switched ON/OFF individually by pressing S1. Press S3 to change from Alarm 1 to Alarm 5..



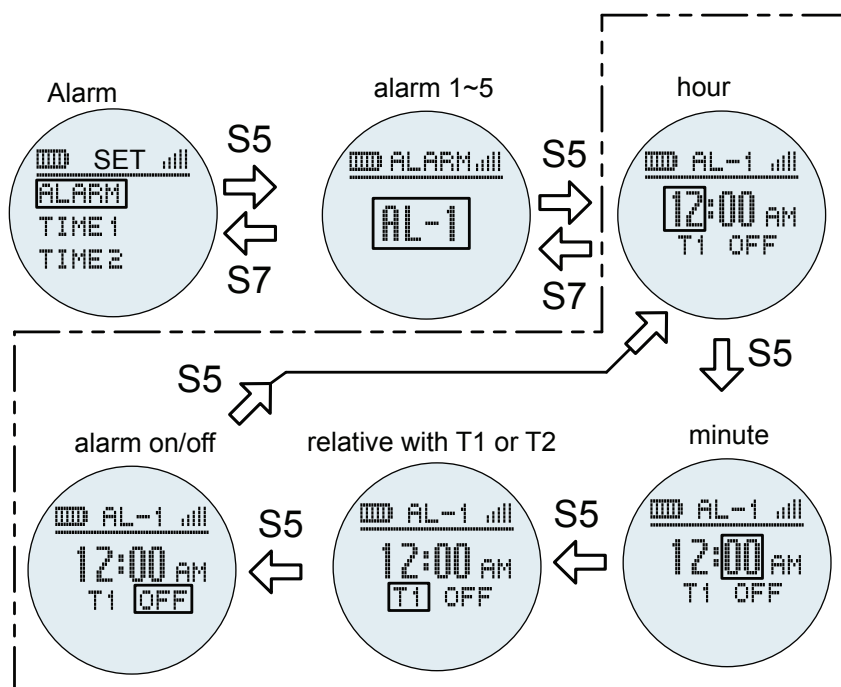
TIME sub modes

From TIME view 1 to View 5, Press and hold S5 for 2 seconds (if EL is OFF) or just press S5 (if EL is ON) to enter the various sub-modes; Alarm, Time 1, Time 2, Format, and Exit sub modes. Press S1/S3 to change sub modes. Within any sub mode, Press S5 to enter Setting mode. Press S7 to exit to previous TIME View (View 1–5).



ALARM sub mode

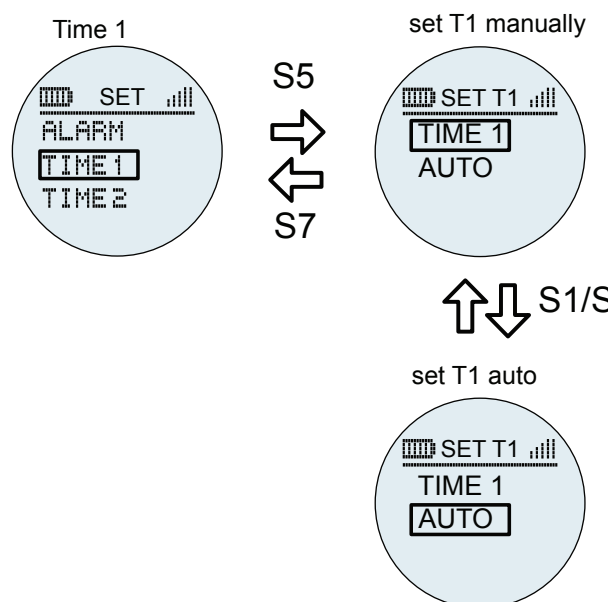
In Alarm sub mode, Press S5 to enter Alarm setting mode. The sequence of setting is Alarm 1 to Alarm 5 → Hour → Minute → Refer to T1 or T2 → Alarm ON/OFF.



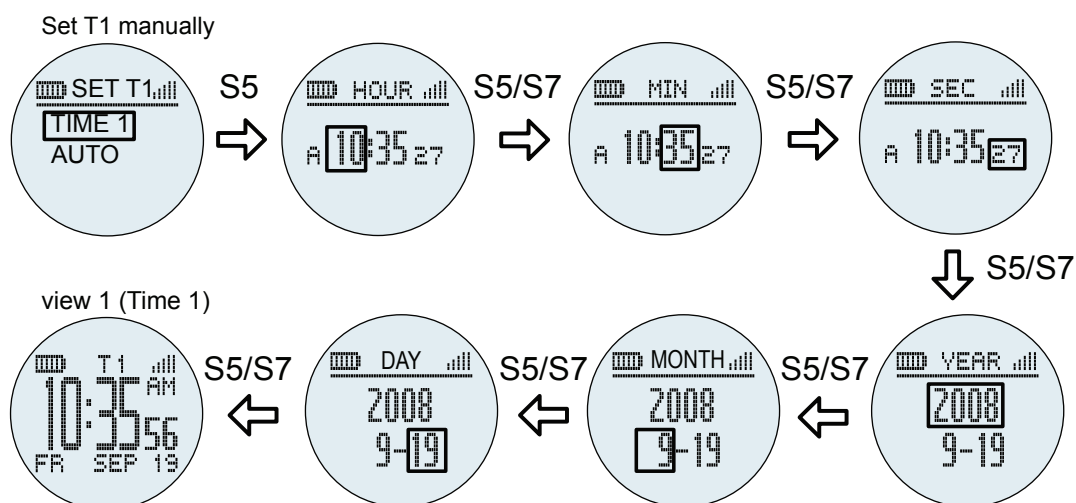
Press S1 to increase adjusts. Press S3 to decrease adjusts. Press S5 to confirm and transfer to next digit to set. Press S7 to exit Alarm setting mode.

TIME 1 sub mode

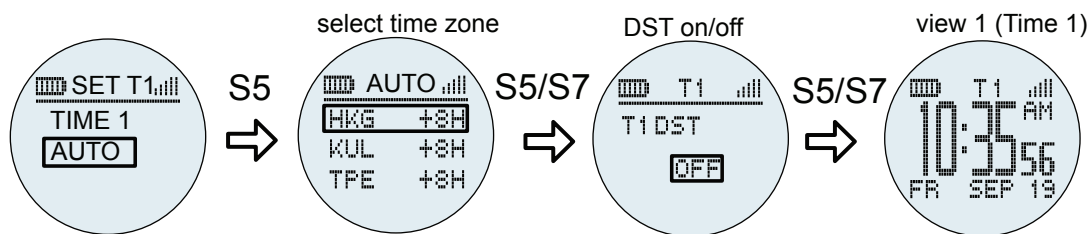
In Time 1 sub mode, Press S5 to enter the Time 1 setting mode. You have two options in setting the watch, manual (TIME 1) or AUTO. Press S1/S3 to select between Time 1 and Auto options. In manual setting, you can manually set the time. If you select the AUTO option, the watch will be automatically set base on the data and time data from GPS satellite.



Time 1 (manual setting option): Press S5 to set time. Press S1/S3 to change the values. The sequence of setting when you press S5/S7 is as follows: Hour → Minute → Second → Year → Month → Date → back to Time 1.



AUTO setting option: Press S5 to set the time zone. Press S1/S3 to change the time zone location. Press S5/S7 to set DST On/off. Press S5/S7 again to go back to time mode.



City Code

The watch is using city codes for Time 1 and Time 2 in view 3. Please refer to the city code table on the last page of this manual for the complete list of city codes and corresponding GMT differential time.

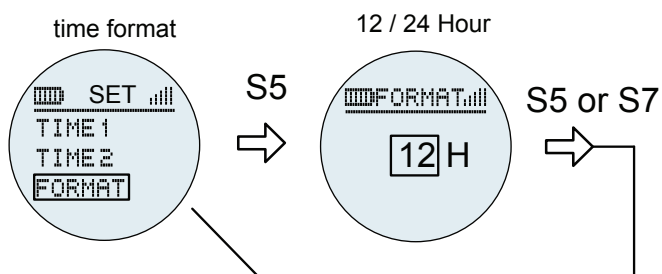
TIME 2 sub mode

In Time 2 sub mode, Press S5 f to enter T2 setting mode. You have two options in setting the watch, manual (TIME 2) or AUTO. Press S1/S3 to select between Time 2 and Auto options. In manual setting, you can manually set the time. If you select the AUTO option, the watch will be automatically set base on the data and time data from GPS satellites.

The procedure for setting Time 2 is the same as with Time 1 setting.

FORMAT sub mode

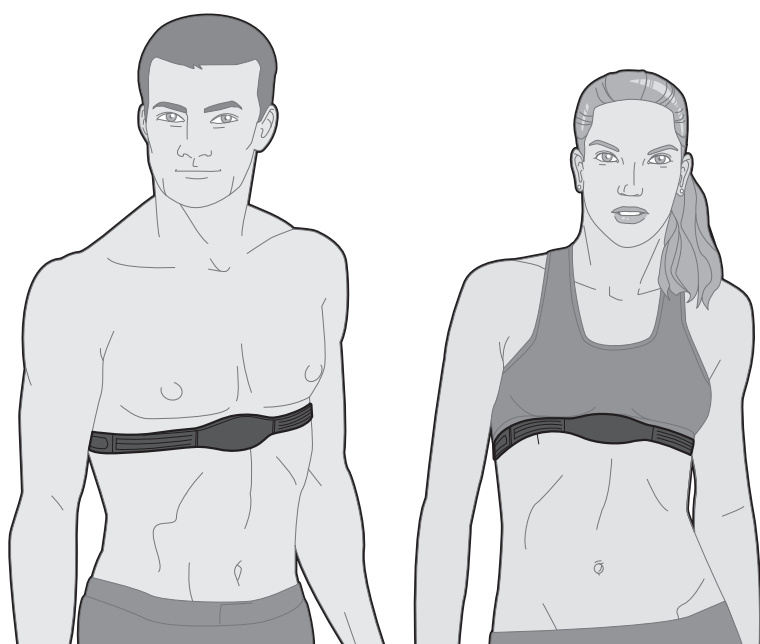
In Time Format sub mode, Press S5 to enter setting mode for 12H or 24 hour format. Press S1 or S3 to select 12H or 24H format. Press S5 confirm and exit or S7 to exit setting mode without saving the change.



EXERCISE MODES

The watch has the following major exercise modes: Run mode, and Waypoint mode. You can also use the GO BACK and GO TO function of the Run Data mode. After setting the watch and wearing your HRM belt (optional) the user can now start doing the various exercise modes.

The HRM belt is on standby and ready to send data to your watch. Wear the belt directly on your skin just below your breastplate. It should be snug enough to stay in place during your run. Push one tab on the strap through the slot in the HRM transmitter. Wrap around your chest and attach the other end of the strap to the HRM transmitter.



TROUBLESHOOTING POINTERS

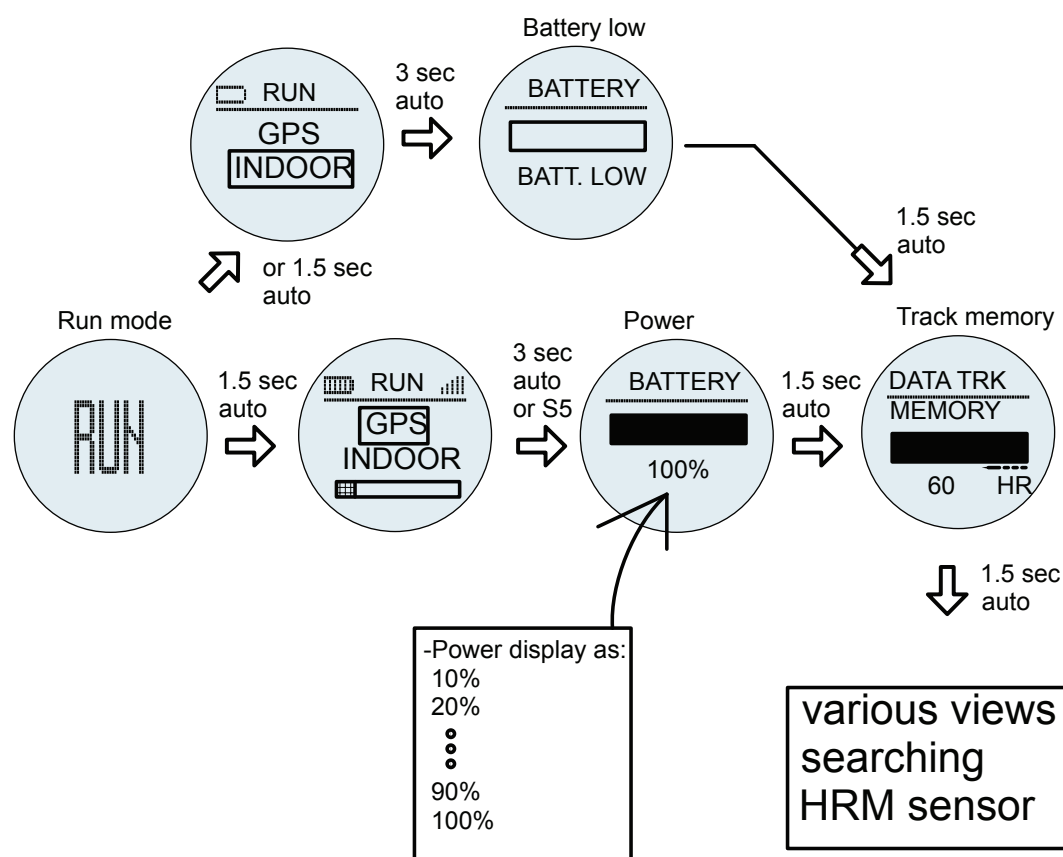
- If you don't get a continuous readout when using the chest strap, check that strap and watch are properly positioned and fastened.
- Body hair or a thin layer of body grease may also interfere with the signal: if you wish, shave the area beneath the transmitter; to remove body grease, wipe chest and back of chest strap with tissue or soft cloth.
- In dry or hot climates, you may need to wait a few minutes for a layer of perspiration to form between your skin and your chest strap. To speed this process, moisten electrodes with water or ECG conductive gel.
- If you can't get a stable readout when using the chest strap, avoid being too close to areas with electrical field interference such as computers, motors & overhead power lines.

RUN MODE

RUN mode (GPS ON)

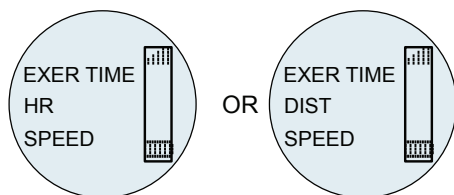
Press S1 or S7 from Time mode to enter RUN mode. The watch will display the following in succession at a rate of 1.5 seconds auto: RUN, GPS ON, POWER, MEMORY, and then various views where the watch is searching for HRM sensor. The power level is displayed with an increment of 5%, from 5% to 100%. In Memory display, the watch will display the remaining hours available in Track memory. Total capacity is 60 Hours. Interval memory time per file is 0.5 hours.

If the power level of the battery is low, the GPS cannot be turned on. The watch will display GPS OFF and then POWER BATT. LOW.

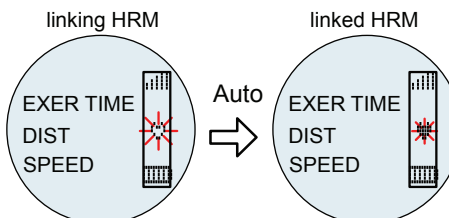


Following are the various searching views with GPS on:

The HRM is NOT linked



The HRM is LINKED



Different views in RUN mode with GPS ON:

Following are the various views that user can choose by pressing S11 in RUN mode/ GPS ON.

GPS ON without HRM (14 Views)

1. Exercise time/ HR/Speed
2. Exercise Time/ Distance
3. HR/ %Max HR/ Speed
4. PACE/ Calorie
5. Exercise time/ Distance/ HR
6. Exercise time/ Distance/ Clock
7. Exercise time/ Distance/Speed
8. Exercise time/ Distance/ Pace
9. Exercise time/ Distance/ Calorie
10. Exercise time/ HR/ %Max HR/ Calorie
11. Exercise time/ Distance/ Speed/ HR/%Max
12. Exercise time/ Distance/ Pace/ calorie
13. Exercise time/ HR/ %Max/ Calorie/ Inzone
14. Track map with Speed/ Distance/ Exercise Time

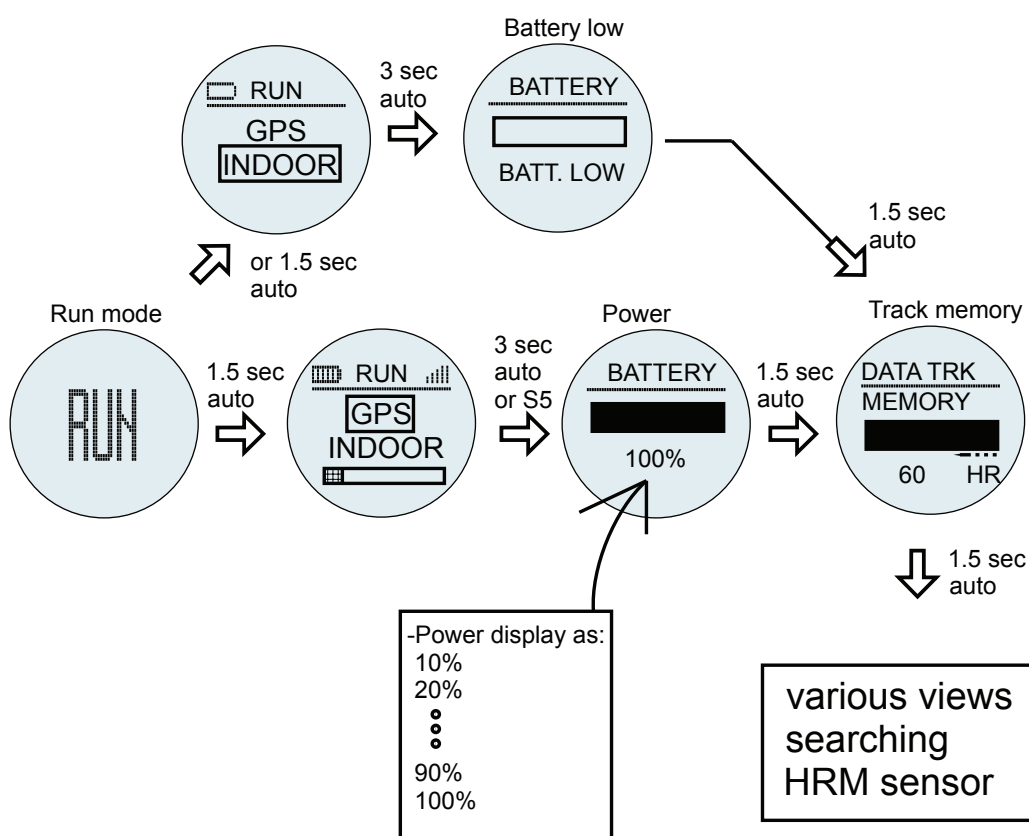
GPS ON without HRM

The views will follow the views above because every time you will push S11 to change views, the watch will start to search for HRM signal.

RUN mode (Indoor GPS OFF):

Press S1 or S7 from Time mode to enter RUN mode. The watch will display the following in succession at a rate of 1.5 seconds auto(except for GPS ON/OFF which is 3 seconds or S5): RUN, GPS ON/OFF, POWER, TRACK MEMORY, and then various views where the watch is searching for HRM sensor. The power level is displayed with an increment of 5%, from 5% to 100%. In Memory display, the watch will display the remaining hours available in Track memory. Total capacity is 60 Hours. Interval memory time per file is 0.5 hours.

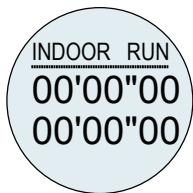
If the power of the battery is low, the watch will display BATT. LOW after the screen RUN GPS INDOOR (GPS OFF).



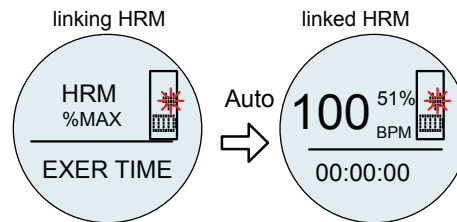
You have to select INDOOR (GPS OFF) if you do not want to use the GPS function.

Following are the various searching views with GPS off:

The HRM is NOT linked



The HRM is LINKED



Different views in RUN mode/ GPS OFF: Following are the various views that user can choose by pressing S11 in RUN mode/ GPS OFF.

GPS OFF/ Without HRM (Only 1 View):

1. Chronograph

GPS OFF/ With HRM (Optional) (4 Views):

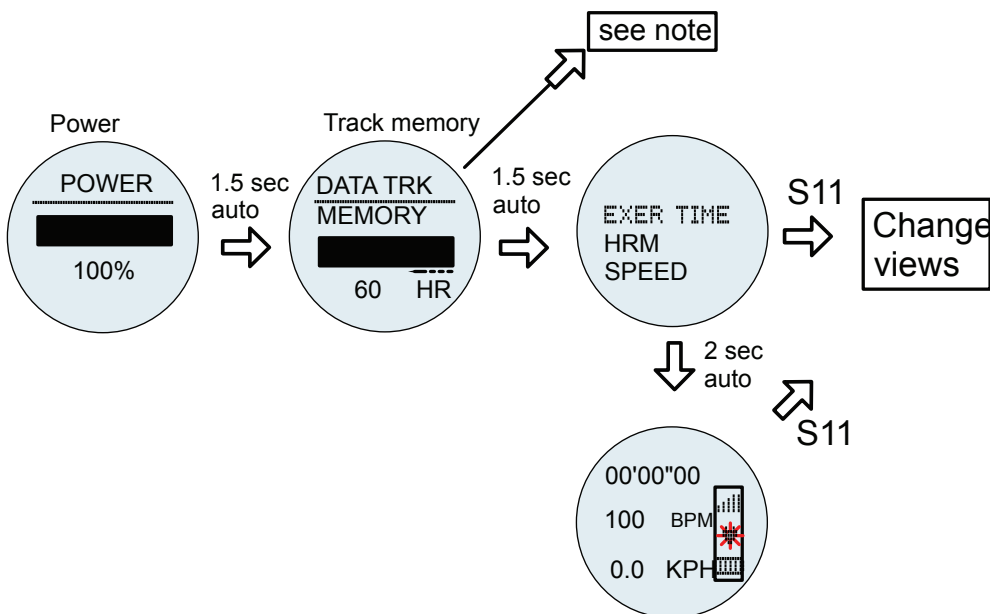
1. HR/ % Max HR/ exercise Time
2. Exercise Time/ HR/ % Max/ Calorie
3. HR/ % Max/ Calorie/ In Zone
4. HR/ % Max/ Calorie/Clock
5. Exercise Time/ HR /% Max/ Calorie/ In zone

The following will happen when you enter Run mode with different set of conditions:

- A) When you enter the Run mode while GPS is ON, Chrono is not running. The watch will auto return to Time mode in 15 minutes, the watch will auto stop searching for GPS and go to Time mode. When you turn on the GPS later, it will follow the GPS warm start process.
- B) When you enter Run mode while GPS is searching and you start the chrono. The watch will stay in RUN mode and keep GPS searching.
- C) When you enter the Run mode while GPS is ON. You start and stop the chrono, The watch will stay in Run mode and keep GPS ON.
- D) When you enter Run mode while GPS is ON but there is no signal available: You press start and stop chrono, The watch will stay in RUN mode and show "IN DOOR". GPS will auto stop in 15 minutes. When you turn on the GPS later, it will follow the GPS warm start process.
- E) When you enter Run mode while GPS is OFF. You press Start/Stop Chrono, the watch will show GPS OFF. It will also show "INDOOR". It will stay in Run mode.

Start doing exercise (Run Mode)

After receiving the Satellite signal and displaying the battery power level and memory status, the watch will display view 1. Press S11 to change views.



Notes:

1. If the watch is already running in GOTO Waypoint mode, User can't enter into Run mode. The watch will automatically return to GOTO Waypoint mode when User enters into Run mode. User can enter Run mode after saving the data in GOTO Waypoint mode.



2. If the watch is already running in GO BACK/ GOTO mode, User can't enter into Run mode. The watch will automatically return to GO BACK/GOTO mode when User enters into Run mode. User can enter Run mode after saving the data in GO BACK/GOTO mode.

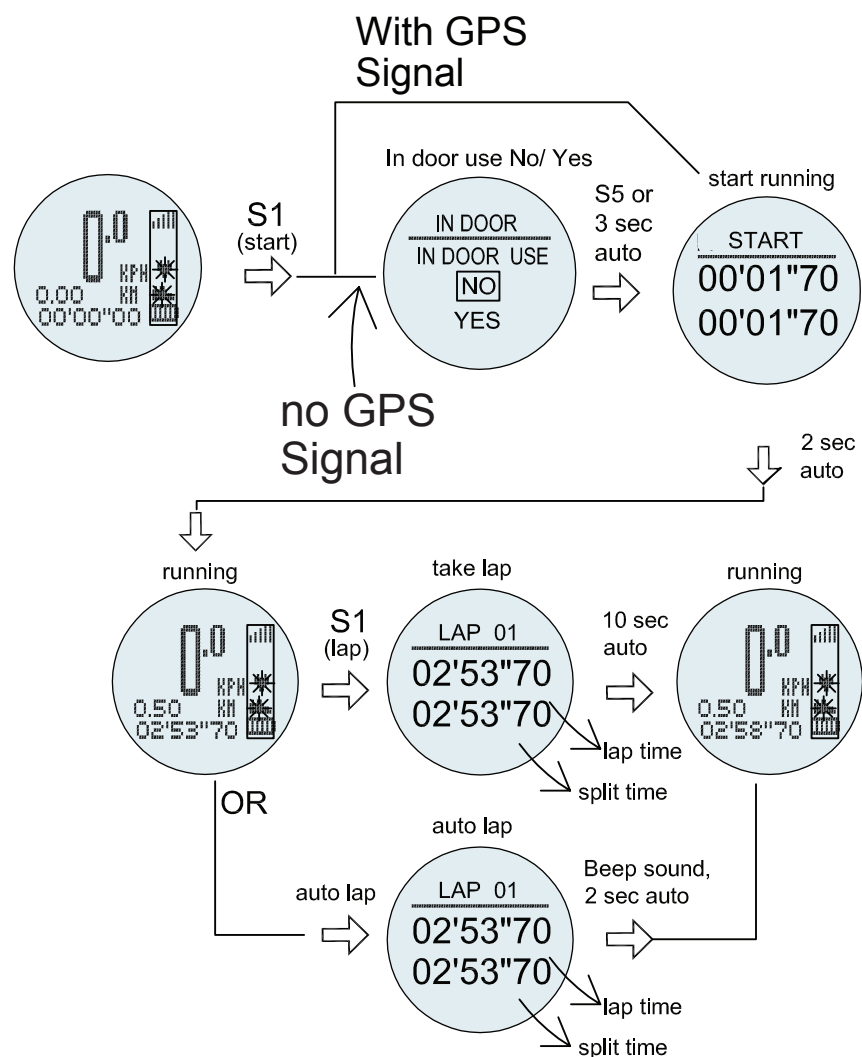


3. When you enter Run mode and the GPS signal is not yet received, the watch will display **LOCATING SATELLITE**.
4. While in Run mode, then the GPS signal suddenly becomes weak for any reason, the watch will display **LOST GPS RECEPTION** until it receives GPS signal again.

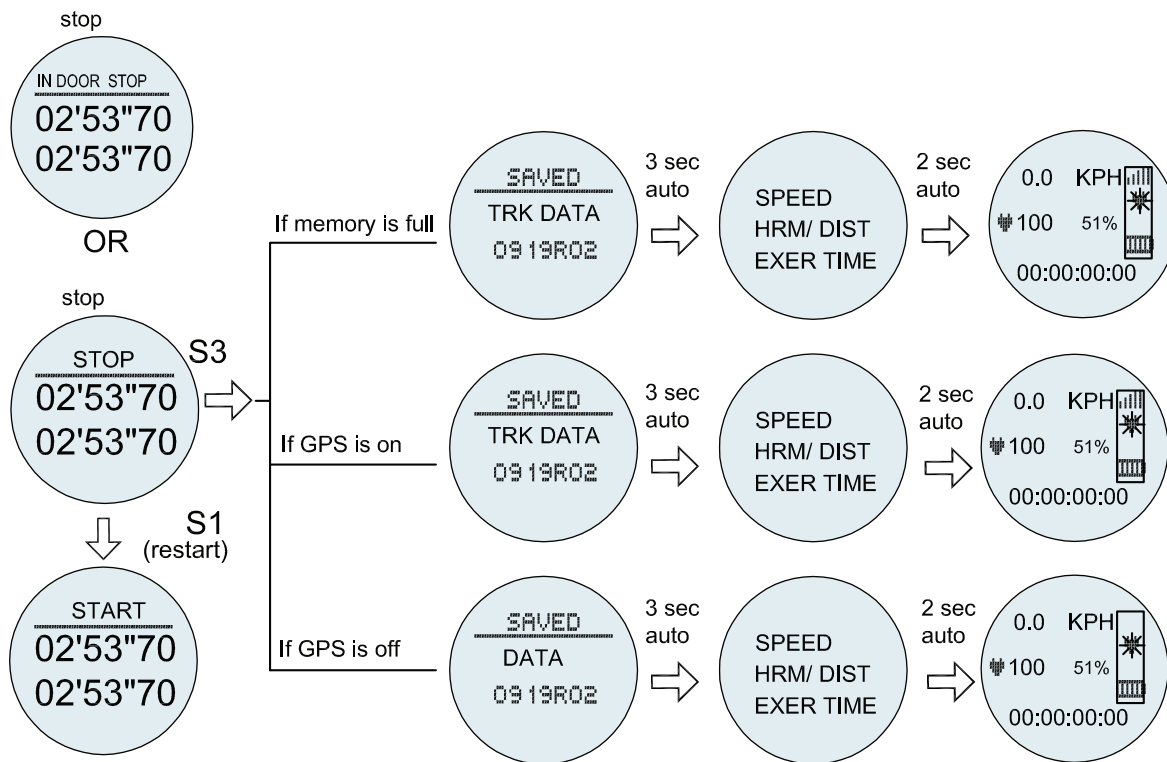
Press S1 to start running the Chronograph. User should press S1 to start Chronograph in Run activity since the Speed is used to calculate the Pace. While Chronograph is running, press S1 to take lap/split time. After 10 seconds, Chrono will automatically continue running. When Auto lap is ON, the watch will automatically take lap based on auto lap settings. You will also hear 2 seconds beep sound.

In Run mode without HRM, calorie is calculated when speed is more than 25 km/hour.

If there is no GPS signal after pressing S1, the watch will display “INDOOR USE, NO/YES”. If you select NO, you will be using the watch without the GPS function. If you select YES, the watch will continually search for GPS signal until it can receive the signal. Whatever you select in this option will be the default when you return back to Run mode.



Press S3 to Stop, S1 to re-start. While Chrono is stopped, press S3 to save the data. When memory is full, the data will be saved in first in first out fashion. If there is no GPS signal when you stop, the watch will display INDOOR STOP.



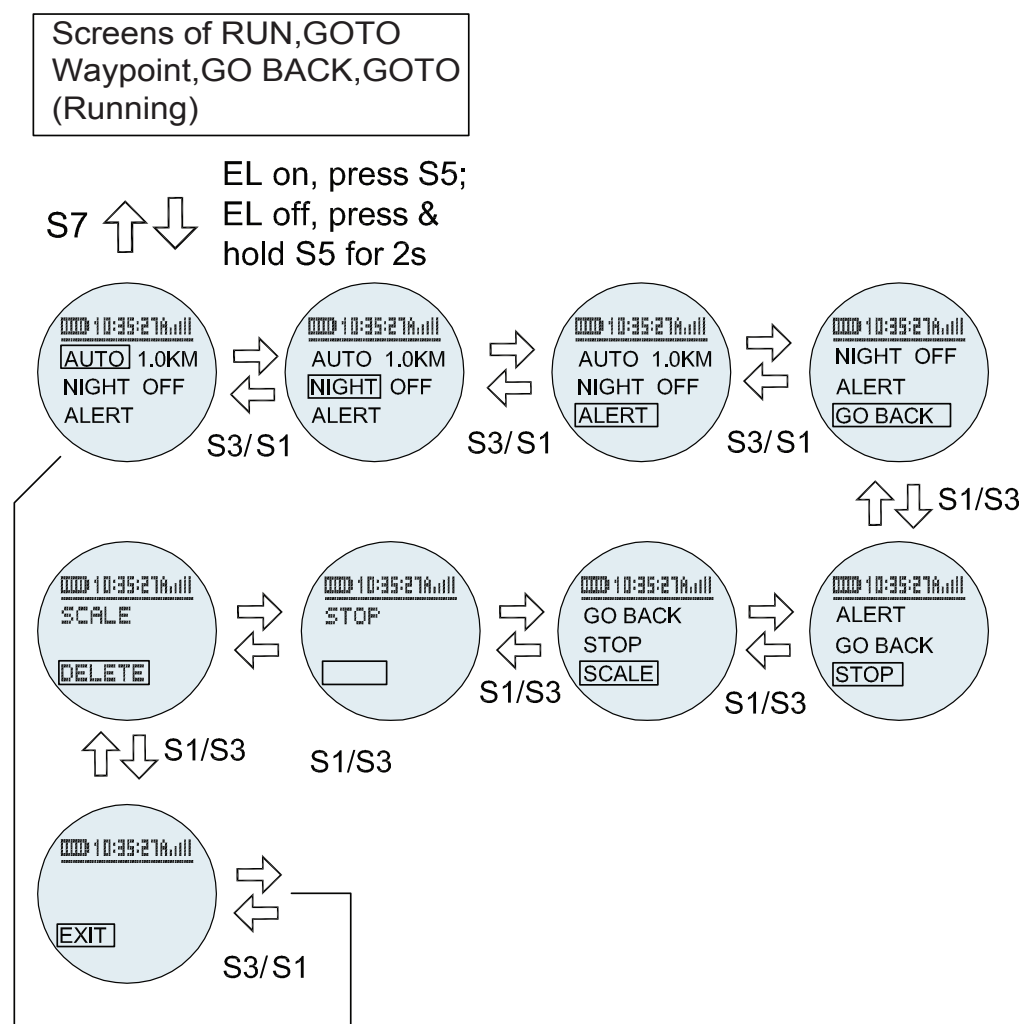
Performance specs

- Maximum of 60 hours track record can be saved in memory. Total of 25,000 track points. Track point sampling time is 5 sec. *Note: If track record is full, the oldest data will be overwritten.*
- Maximum of 50 data files for Run mode
- Maximum of 300 laps for each data files
- Speed range: **0—199.9 km/h (mph)**
- Distance range: **0—9,999.99 km (Mile)**
- Heart rate range: **30—240 BPM**
- Chrono range: **00:00"00—99:59'59"**
- Calorie range: **0—99,999 Kcal**

Run sub modes

While in Run, Goto waypoint, Go Back, and Goto modes, Press and hold S5 for 2 seconds (if EL is OFF) or just press S5 (if EL is ON) to enter the various sub mode views. Press S1/S3 to view different sub-mode. Press S7 to go back Main Screens of Run, Go to Waypoint, Go Back and GOTO. The following are the views of Run sub-mode:

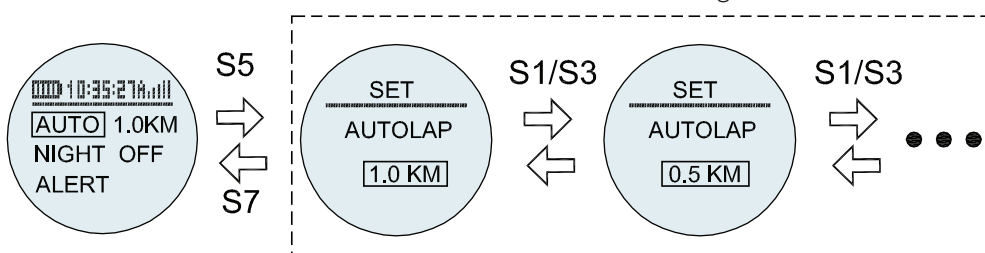
1. AUTOLAP
2. NIGHT
3. ALERT
4. GOBACK
5. START/STOP
6. SCALE
7. SAVE
8. DELETE
9. EXIT



If no key operation, after 15-20 seconds, the watch will automatically exit to previous main view. While within in any of the sub modes, Press S1/S3 to change the selected value.

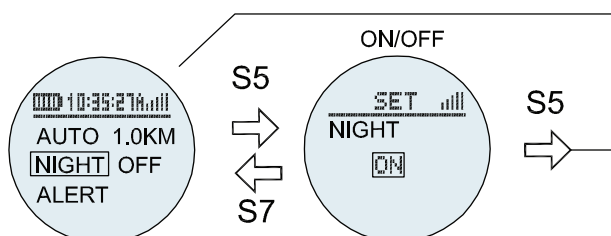
AUTOLAP sub mode

Press S5 to set the Auto lap. Press S1/S3 to select the various settings. Following are the auto lap preset range: OFF, 0.5 Km, 1 Km, 2 Km, 3 Km, 4 km and 5 Km. Default value is 1.0 km. Press S5 to save the selection and exit. Press S7 to exit without saving.



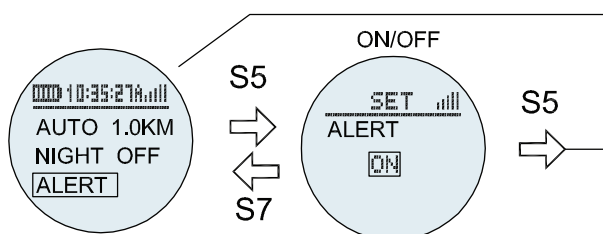
NIGHT sub mode

Press S5 to enter Night sub mode. Press S1/S3 to Select Night ON or OFF. When you select ON, pressing any button will activate the EL backlight for 10 seconds from 6 pm to 7 am. When you select OFF, press and Hold S5 for 2 seconds will turn on the EL backlight. Other buttons will have no light function. Default value is ON.



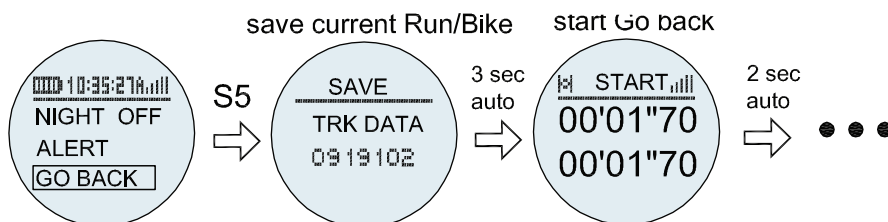
ALERT sub mode

Press S5 to enter ALERT function. When alert is set to ON, there will be a beep sound when GPS signal is received, or lost GPS signal, or during taking auto lap. When it is set to OFF, there is no beep sound. Default is ON.



GO BACK sub mode

Press S5 to enter GO BACK function. The current exercise will be save first then 3 seconds auto, the chrono will start and you will start going back to the starting point.

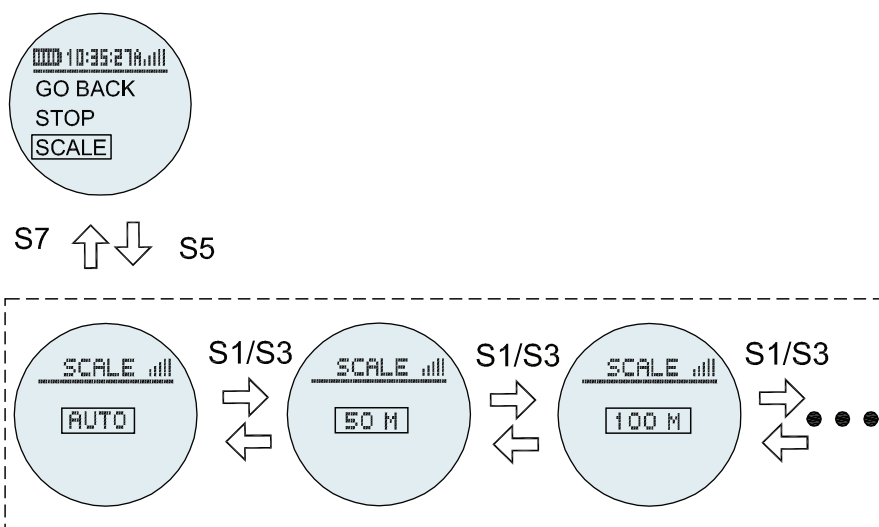


START/STOP sub mode

Press and hold S5 for 2 seconds (if EL is OFF) or just press S5 (if EL is ON) to start or stop the chrono.

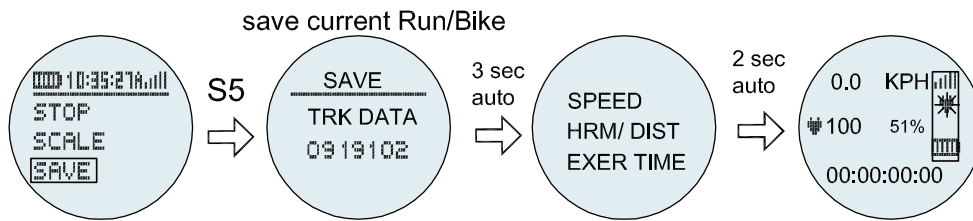
SCALE sub mode

Press S5 to select the scale range. Scale range is selectable by pressing S1 or S3. Press S7 to exit without saving. Press S5 to save the selection and exit. The default scale is AUTO scale. The available selections are: AUTO, 50 m, 100 m, 200 m, 400 m, 800 m, 1.6 km, 3.2 km, and 6.4 km.



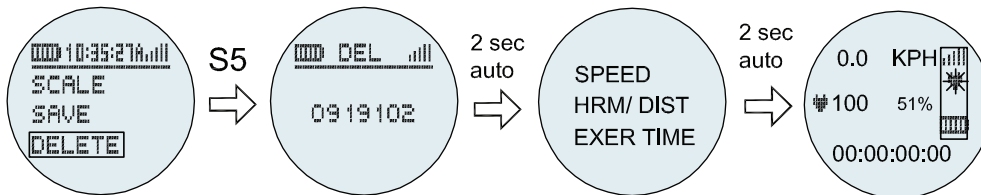
SAVE sub mode

Press S5 to save the current Run exercise. The watch will go back to reset view after saving and ready for the next exercise.



DELETE sub mode

Press S5 to delete current Run exercise. The watch will go back to reset view after saving and ready for the next exercise.



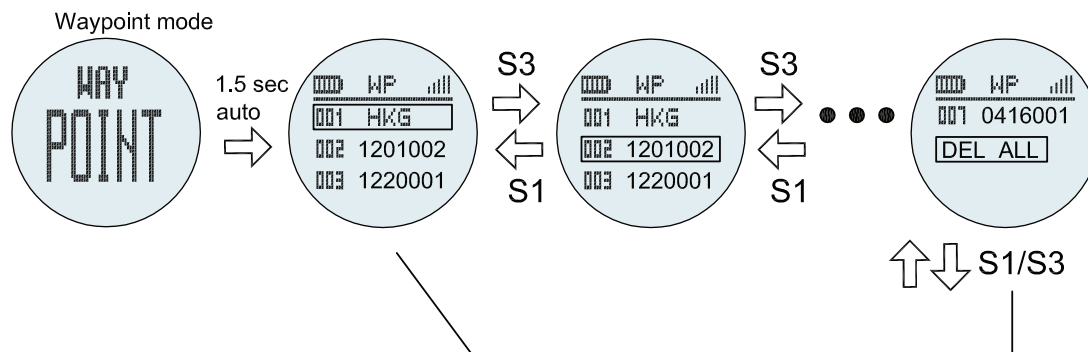
EXIT sub mode

Press S5 or S7 to exit sub mode.

WAYPOINT MODE

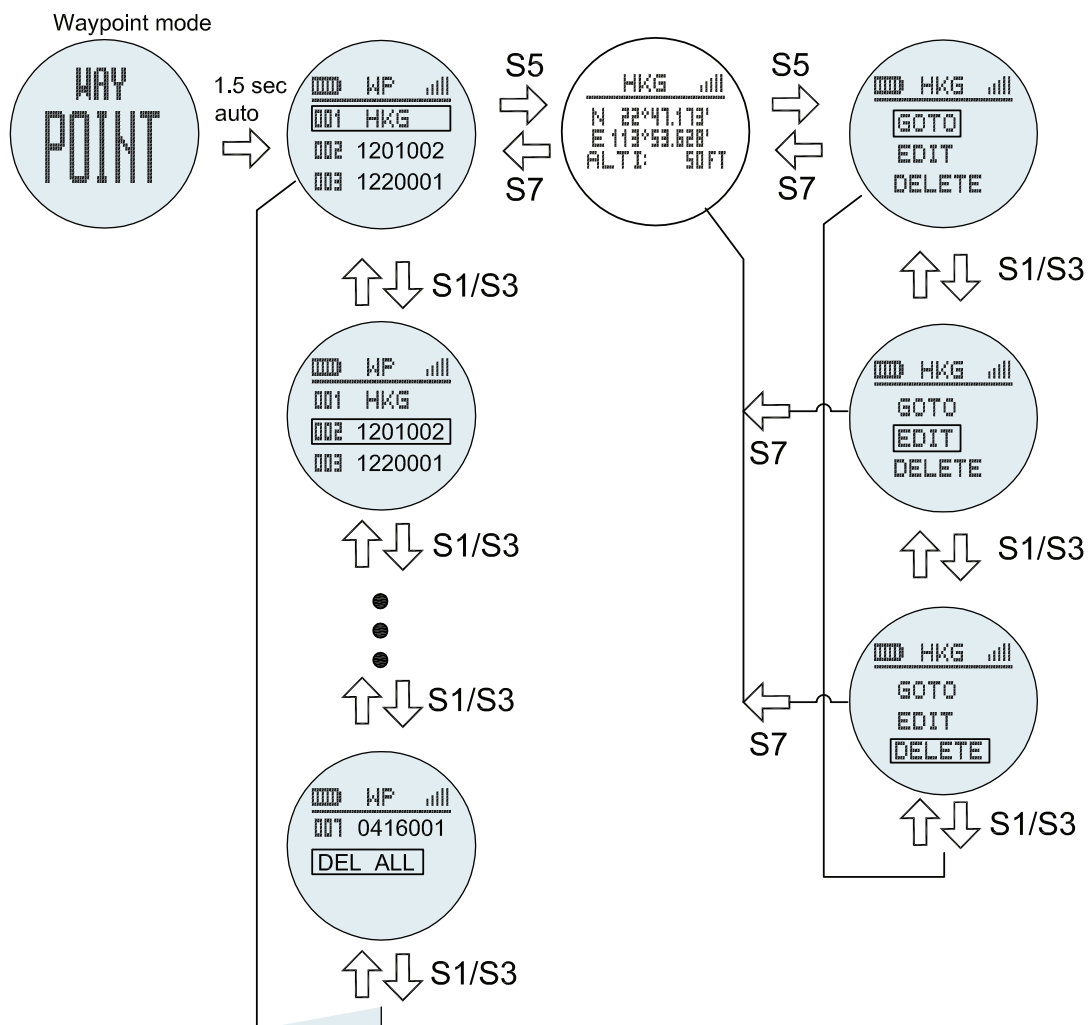
Press S7 from Run mode to enter Waypoint mode. In Waypoints mode, Press S5 to choose your saved waypoint. Press S1/S3 to select or view various waypoints in memory. The “DELETE ALL” selection will display after the last waypoint. Press S5 to confirm, Press S7 to exit Waypoints sub mode.

If there is no key operation within 30 seconds in this mode, the watch will auto exit to Time mode.



Going to your saved WAYPOINT

At Waypoint Mode, Press S1/S3 to select a desired Waypoint. Press S5 to choose a waypoint. After pressing S5 you will be prompted with GOTO/EDIT/DELETE options. Press S1/S3 to scroll thru these options. Press S5 to confirm. If there is no GPS signal, the user cannot use the GOTO waypoint function.



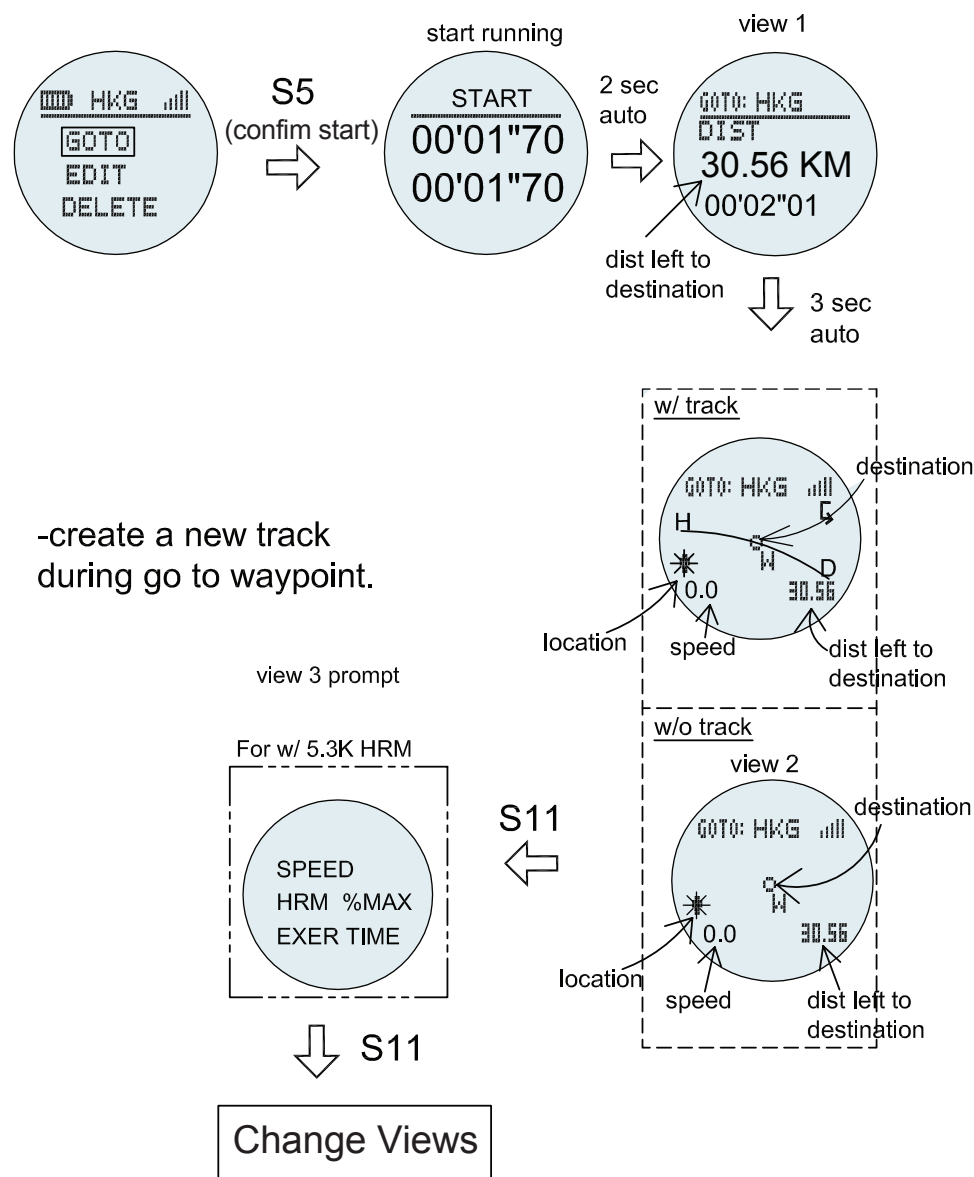
Choose GOTO to start your exercise.

Choose EDIT to Change the name of the saved Waypoint.

Choose DELETE to delete the saved Waypoint. The last item in the waypoint list is the DEL ALL (Delete all) option. Press S5 to delete all listed waypoints.

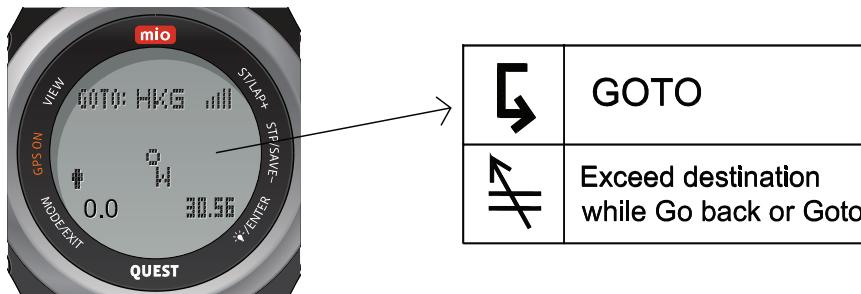
GOTO

Press S5 to confirm start after selecting the GOTO function. Chrono will start running. 2 seconds later, the watch will the remaining distance to your destination and the chrono time. 3 seconds later, the watch will display the electronic map of your current location and destination. Press S11 to create a new track during going to your destination. Press S11 to change views.



The views when you press S11 are the same views in RUN modes except for View 1 and View 2 above.

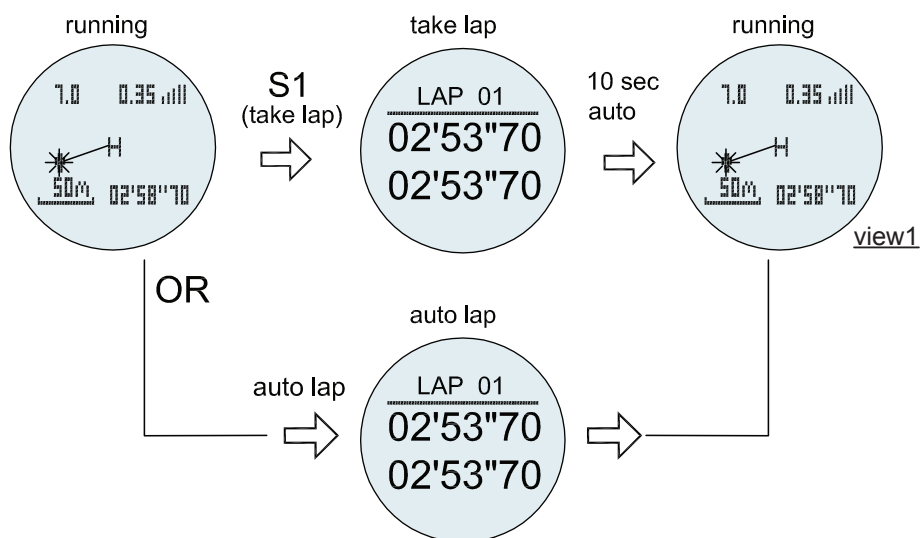
At the upper right side of the screen, there is an icon to signify you are in GOTO function, or you have exceeded your destination.



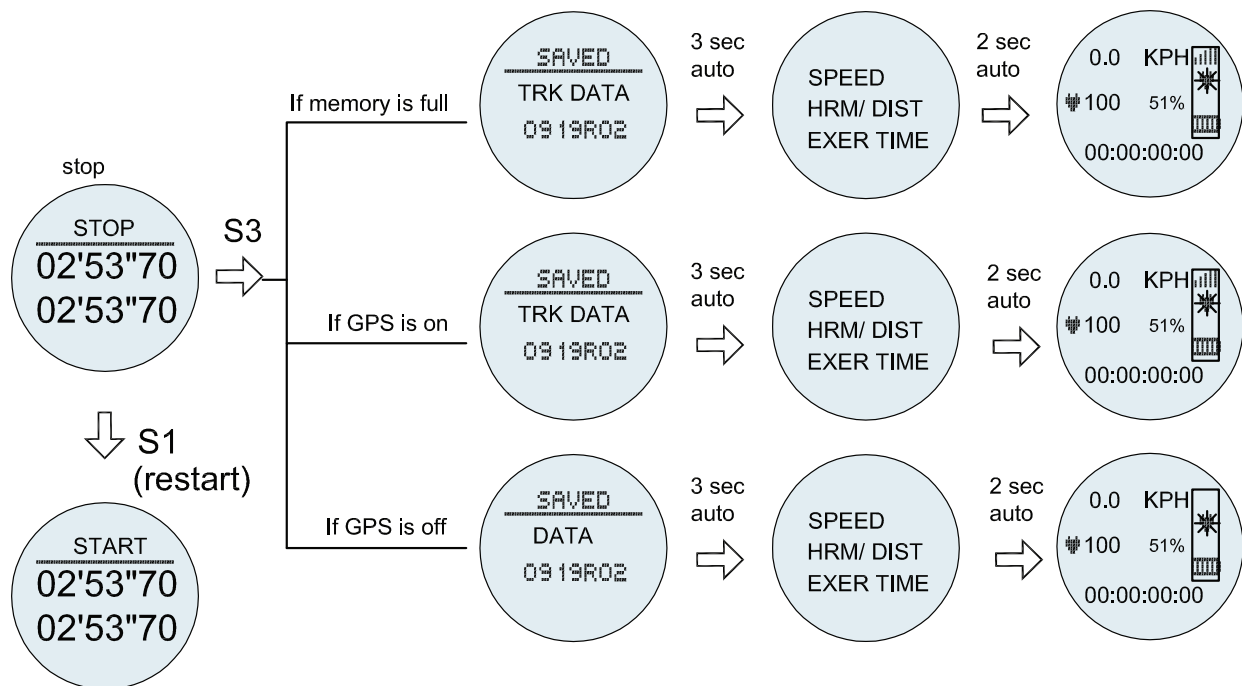
If there is no GPS signal, or the Run is running, you cannot use the GOTO function. When you arrived at your destination, the watch will display “ARRIVED DEST”.

Start doing exercise (Waypoint mode)

Upon selecting your view, you have started your exercise. Press S1 to take Lap, when Auto lap is ON, the watch will automatically take lap. You will also hear 2 second beep.



Press S3 to stop. While chrono is stopped, press S3 to save data. When memory is full, the data will have “First In, First out”.

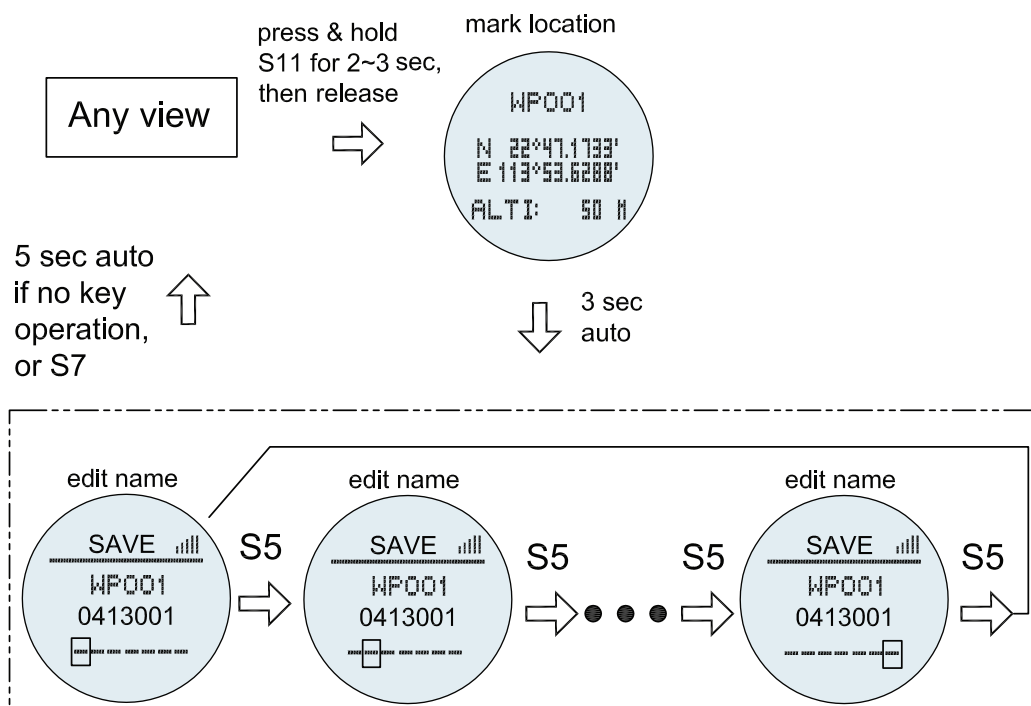


Saving your WAYPOINT

Press and hold S11 for 2-3 seconds from any view then release. The watch will display the locations' coordinates (Latitude, longitude, and Altitude). 3 seconds later it will prompt the user to save the location. The default name of the saved waypoint is the date of Time 1. The format is MMDDXXX. The first 2 digits are for the month, the second 2 for the day, and XXX is for the unique number for the day. You can edit the location name up to 7 digits.

- Press S1 to increase adjusts.
- Press S3 to decrease adjust.
- Press S5 to set the next digit.
- Press S7 to exit setting mode.

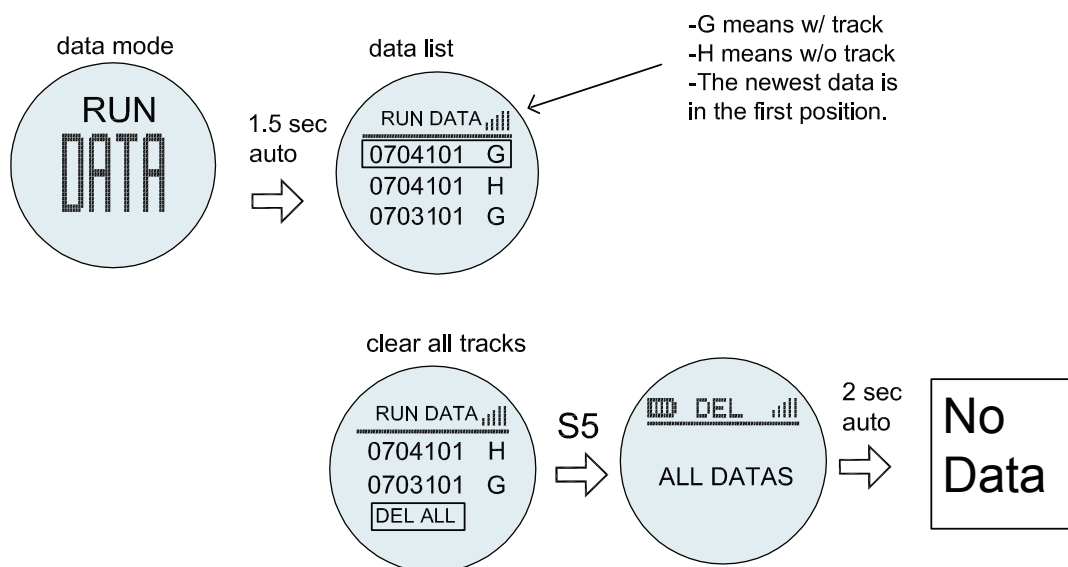
If there is no key operation for 5 seconds, the watch will auto exit to previous view. After saving the location name, it will be saved in the Waypoints list. Maximum of 200 locations can be saved in memory.



When the user is saving the waypoint and the watch is not receiving the GPS signal, it will display "GPS NOT AVAILABLE".

RUN DATA MODE

Press S7 from Waypoint mode to enter DATA mode. after 1.5 seconds, the watch will display the Data list view. In this view you can see how many files are saved in RUN data. The watch will show the list of data files with newest on the top of the list.



Press S1/S3 to scroll thru the list. At the end of the list is the DELETE option. Press S5 to delete all data files. In data list view, the watch will auto return to Time mode after 30 seconds if there is no key operation.

If there is no key operation within 30 seconds in this mode, the watch will auto exit to Time mode.

Data numbering system/ Legend

Sample data number: 0704R02 G

07 - Month

04 - Day

R - Run

02 - File number of the day

G - Data with track (H- data without track)

Press S5 or S11 to enter a specific data Track number. Press S1/S3 to view the various details in the specific track number. Following are the data available:

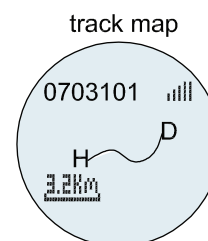
Start/ End Time

Speed Data (Exercise time/ Distance/ Ave Speed/PACE/ HR)

HR Data (Exercise time/Avg HR/ Max HR)

Track map – If the saved data has Track + Data- this will be shown.

If Data Only file, this map will not be shown.



Lap 1 Time/ Distance/ ave speed/ave HRM
Lap 2 Time/ Distance/ ave speed/ave HRM
Lap 3...

Data mode sub modes

Press S5 from any previous views in Data mode to enter the sub modes. Following are the sub modes:

GO BACK

GOTO

VIEW

EDIT

DELETE

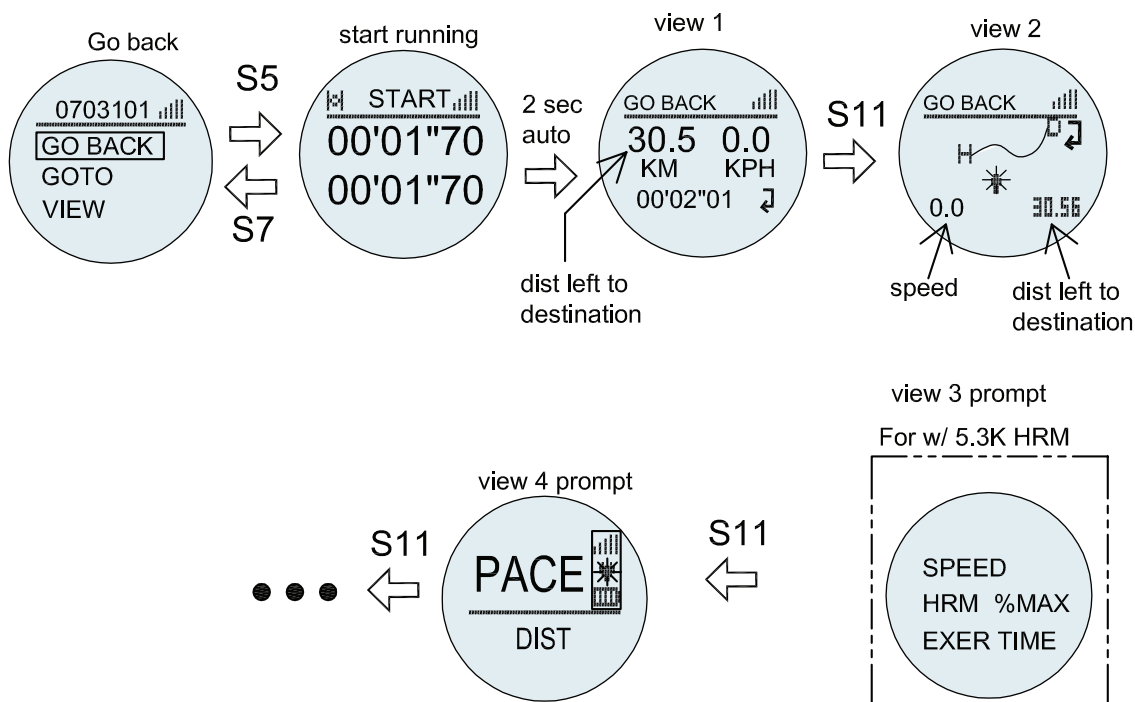
EXIT

Press S1/S3 to scroll thru these sub modes.

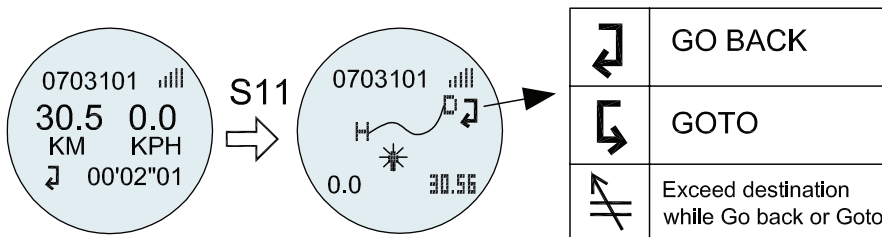
GO BACK sub mode

User cannot use this function if GPS is OFF. GO BACK function means going from the last point of the track data to the first point.

Select the GO BACK sub mode and Press S5 to start. Chrono will start and 2 seconds later, the watch will display view 1 with the remaining distance to the destination and the chrono time. Press S11 to change view to track map (View 2). Press S11 to change view to view 3 with Speed, HRM, and Exercise time. Continue pressing S11 to change views. The views are the same with RUN mode views except for views 1 and 2.



At the upper right side of the screen, there is an indicator whether you are in GO BACK, GOTO mode, or you have exceeded your destination.



If there is no GPS signal, or the Run mode is running, you cannot use the GO BACK or GOTO function.

When you arrived at your destination, the watch will display 'ARRIVED DEST'.



Press S1 to take Lap. When Auto lap is ON, the watch will automatically take laps based on the settings. Press S3 to stop. Press S1 to re-start. While the chrono is stopped, press S3 to save the current Track.

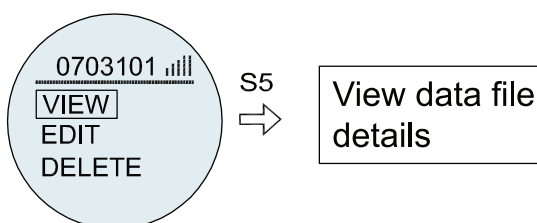
While Chrono is running, you can change views by pressing S11. The views are the same with RUN mode views except view 1 and 2.

GOTO sub mode

The same procedure GO BACK sub mode except you are going from the first point to the last point of the Track data.

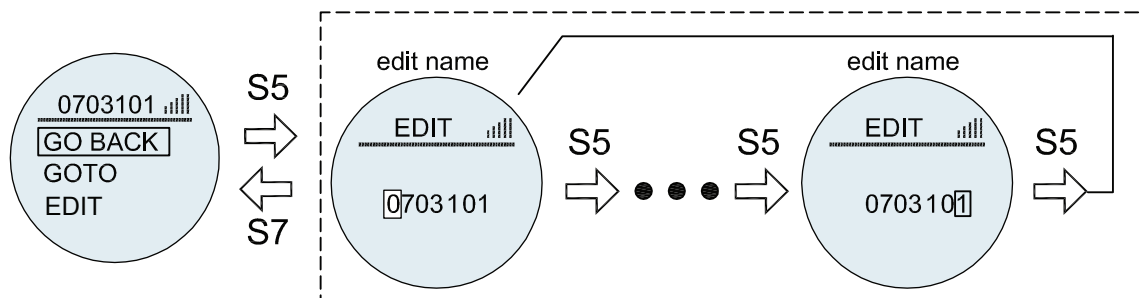
VIEW sub mode

Press S5 to enter view mode then Press S1/S3 to change views.



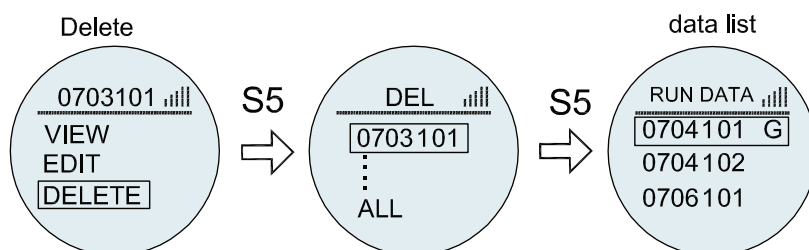
EDIT Sub mode

Press S5 to edit the name of the data file. Press S1/S3 to change values of the highlighted digit. Press S5 to set the next digit. Press S7 to exit setting mode.



DELETE sub mode

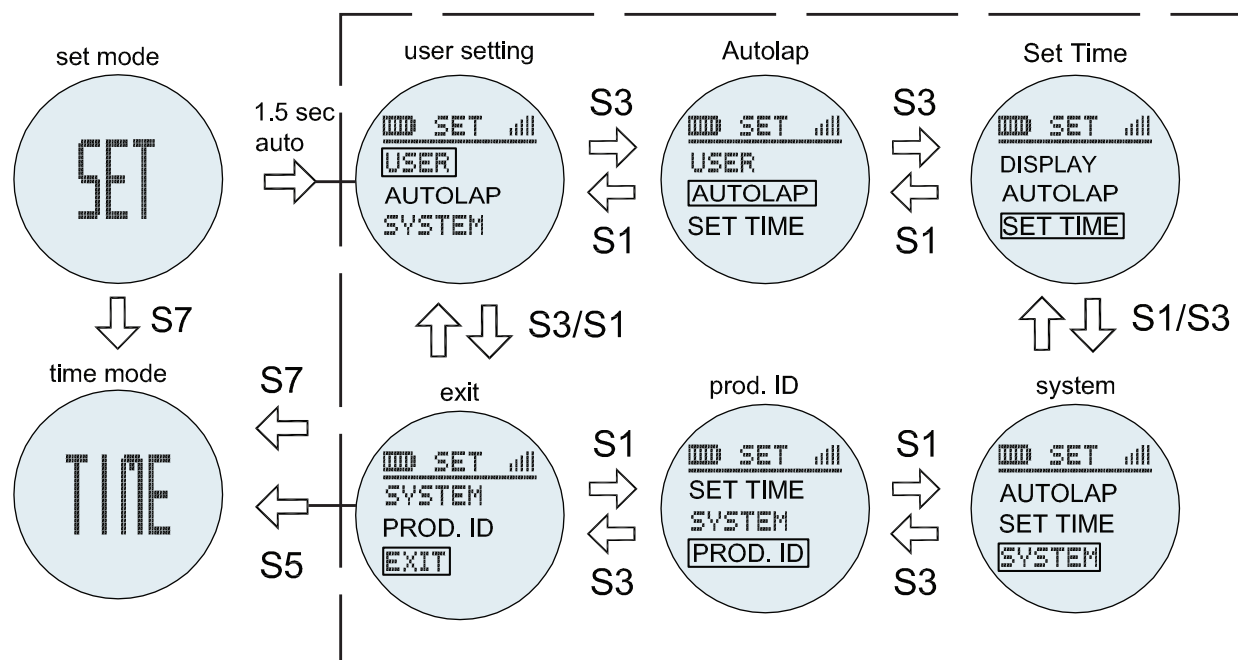
Press S5 to enter delete sub mode. The watch will display the data list. In this view, the oldest file is on the top of the list. At the bottom of the list is the ALL option. Press S1/S3 to select which file to delete. Press S5 to confirm delete.



SET MODE

Press S7 from PC Link mode to Set mode. 1.5 seconds later the watch will display the setting options: USER/ AUTO LAP/ SYSTEM/ PROD. ID/ EXIT. Press S1/S3 to scroll through these options. Press S5 to enter selected option to set. Press S7 to exit to Time mode.

If there is no key operation after 1 minute in this mode, the watch will auto exit to Time mode.



Setting the User's information

Press S5 when the USER option is highlighted. The sequence of setting is as follows: Units → Gender → Age → Weight → Height → HR Zone 1/2/3 → Lower Limit → Higher Limit → Zone Alarm ON/OFF. Press S1 to increase adjust. Press S3 to decrease adjust. Press S5 to set next parameter. Press S7 to exit.

Heart rate range: **30 — 240 BPM**

Weight range: **20 — 255 kg (44 to 561 lbs)**. Default is 65 kg (143 lbs)

Height range: **91 — 241 cm (2'11" — 7'10")**. Default is 170 cm.

Age range: **7 — 99 years**. Default is 25 years.

Gender: **Male or Female**. Default is Male.

Units: **Metric** (KM/M/KG) or **Imperial** (MI/FT/LBS)

Max HR = **(220–Age) BPM**

Low Limit setting range = **30 BPM to High Limit Value**

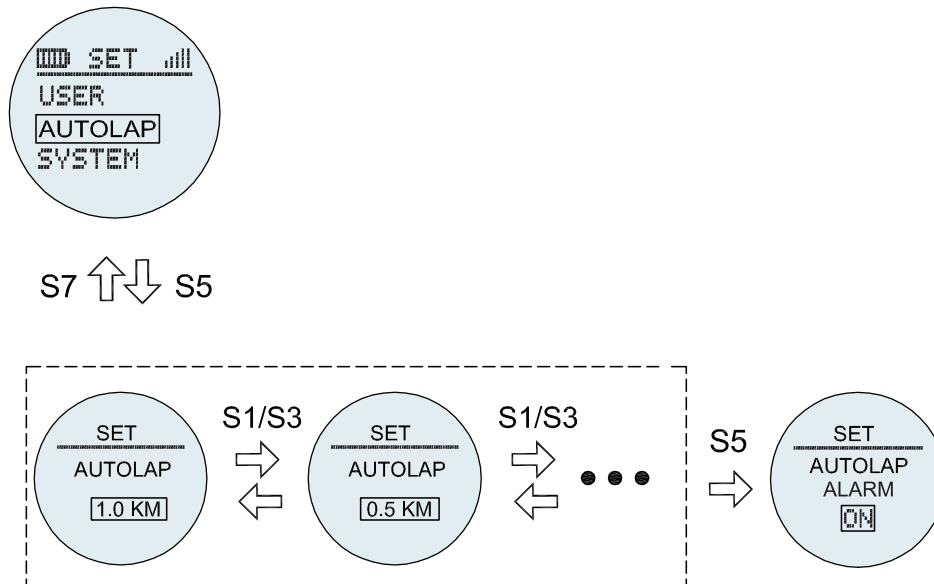
High Limit setting range = **Low Limit Value to 240 BPM**

HR Zone	1	2	3
% of Max HR	60—70	70—80	80—90

Setting Auto Lap

Press S5 to set the Auto lap. Press S1/S3 to select the various settings. Following are the auto lap preset range: OFF, 0.5 Km, 1 Km, 2 Km, 3 Km, and 5 Km. Default value is 1.0 KM. Press S5 to set Auto Lap Alarm On or Off.

Default Auto lap alarm is ON. Press S5 to save the selection and exit. Press S7 to exit without saving.



SET TIME: The procedure in setting the time is the same in time setting in TIME mode except the last step is going back to SET TIME sub menu instead of going back to TIME mode.

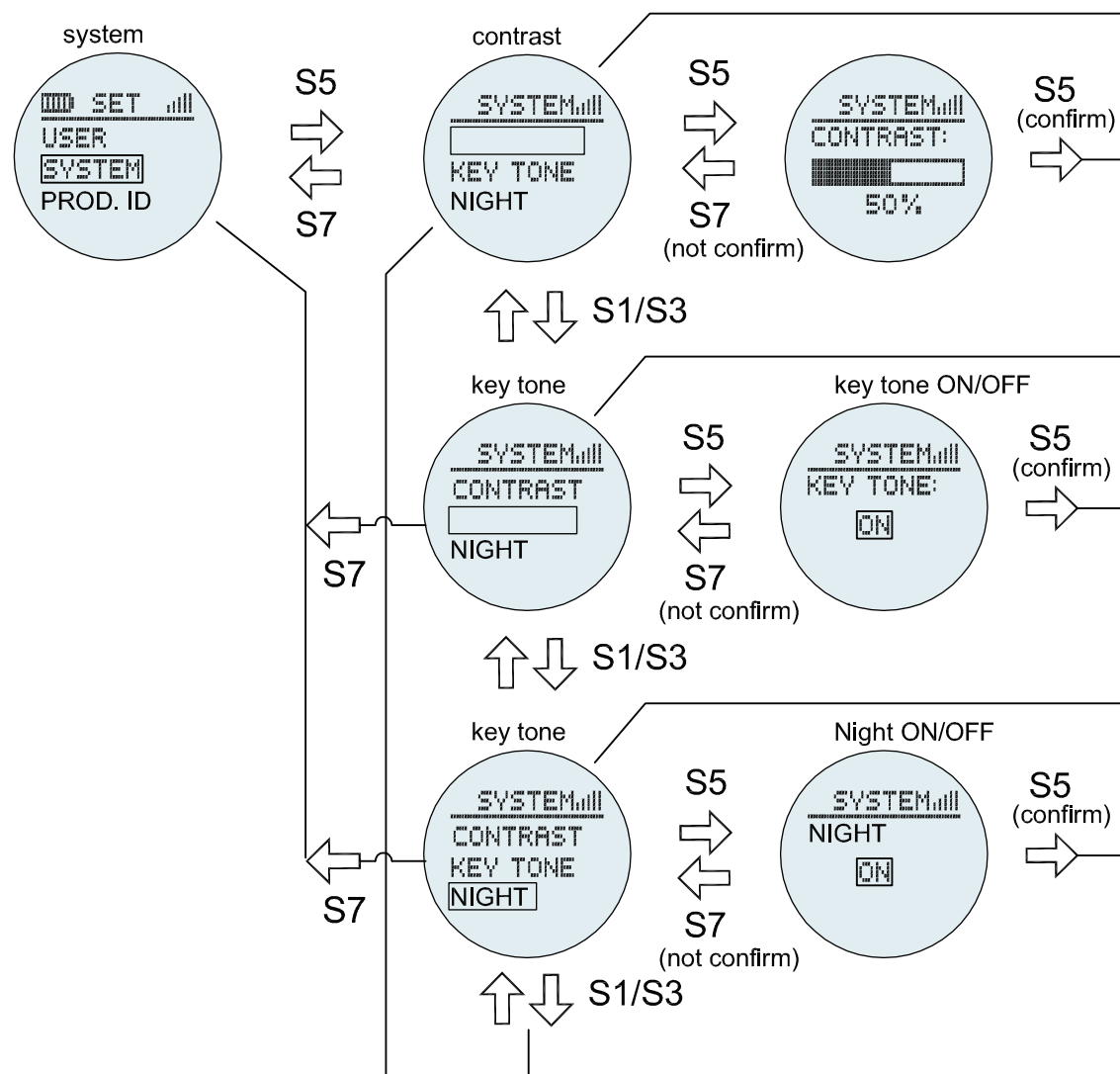
Setting the SYSTEM

Press S5 when System is highlighted. Parameters to set under System are: Contrast, Key tone, and Night mode. Press S1/S3 to toggle through these parameters. Press S5 to enter selected parameter. Press S1 to increase adjust, Press S3 to decrease adjust. Press S5 to confirm setting. Press S7 to exit.

Contrast Range is 0 to 100%.

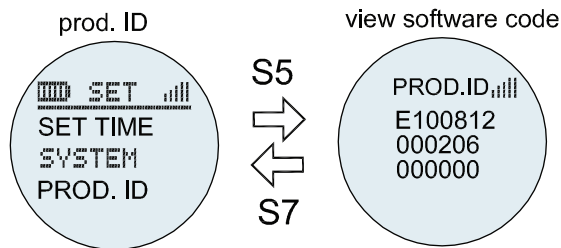
Key tone: You can set the key tone ON or OFF. If key tone is on, there is confirmation sound every time you press a button.

When NIGHT is ON, pressing any key can turn ON EL for 10 seconds from 6 pm to 7 am. When Night is OFF, press and hold S5 for 5 seconds will turn on the EL back light. Other buttons will have no light function.



Viewing PRODUCT ID

Press S5 when PROD. ID is highlighted to View the current Product ID of the watch.
Press S7 to exit.



EXIT: Press S5 or S7 to exit to Time mode. Nothing to set here.

DOWNLOAD YOUR DATA TO PC

The watch comes with PC software to make communication between your watch and PC easy and enjoyable. Please install the PC software to your PC using the installer provided. The watch is using a USB PC link cable which is around 50 cm (approximately 1 1/2 ft) long to connect the watch to PC.

Run the GPS PC software on your PC. Plug the USB cable with the watch clamped in the other end of the cable. PC software will then prompt you to download the data. Click the download button to begin downloading. The watch will then display SEND COMPLETE. The PC software will prompt to delete the data in the watch. User has the option to delete the data in the watch or not.

The PC software also comes with a separate instruction manual. Be sure to read through the manual to fully understand its functions and use.

APPENDIX

Battery

Watch is using a rechargeable Lithium Ion battery that will require approximately 4 hours charging time using the USB cable. While battery is charging, the watch cannot be used and all buttons are disabled. User needs to recharge the battery when the watch indicates a low battery level.

Battery Life: 8 to 10 hours in training mode

Water Resistance

The watch is water resistant up to 3 ATM.

City code table

Following is the list of city codes used in view 3 of Time mode and the corresponding differential time with respect to Greenwich Mean Time (GMT).

GMT Differential	City Code	City
-11	PPG	Pago Pago
-10	HLN	Honolulu
	PPT	Papeete
-9	ANC	Anchorage
-8	YVR	Vancouver
	SFO	San Francisco
	LAX	Los Angeles
	LAS	Las Vegas
	SEA	Seattle
	US-P	Pacific standard Time
-7	DEN	Denver
	ELP	El Paso
	US-M	Mountain Standard time
-6	MEX	Mexico City
	CHI	Chicago
	HOU	Houston
	DFW	Dallas/ Forth Worth
	MSY	New Orleans
	YWG	Winnipeg
	US-C	Central Standard Time
-5	MIA	Miami
	NYC	New York
	YUL	Montreal
	DTW	Detroit
	BOS	Boston
	PTY	Panama City
	HAV	Havana
	ATL	Atlanta
	YYZ	Toronto
	WAS	Washington
	US-E	Eastern Standard time
-4	CCS	Caracas
	LPB	La Paz
	SCL	Santiago

GMT Differential	City Code	City
-3	RIO	Rio De Janiero
	GRU	Sao Paulo
	BUE	Buenos Aires
	BSB	Brasilia
	MVD	Montivideo
0	LON	London
	DUB	Dublin
	LIS	Lisbon
	CAS	Casablanca
	DKR	Dakar
	ABJ	Abidjan
+1	PAR	Paris
	MIL	Milan
	ROM	Rome
	BER	Berlin
	MAD	Madrid
	FRA	Frankfurt
	AMS	Amsterdam
	VIE	Vienna
	ALG	Algiers
	STO	Stockholm
	HAM	Hamburg
	ZRH	Zurich
+2	IST	Istambul
	CAI	Cairo
	JRS	Jerusalem
	ATH	Athens
	HEL	Helsinki
	DAM	Damascus
	CPT	Cape Town
+3	JED	Jeddah
	MOW	Moscow
	KWI	Kuwait
	ADD	Addis Ababa
	NBO	Nairobi
+3.5	THR	Tehran
	SYZ	Shiraz

GMT Differential	City Code	City
+4	DXB	Dubai
	AUH	Abu Dhabi
	MCT	Muscat
+4.5	KBL	Kabul
+5	KHI	Karachi
	MLE	Male
+5.5	DEL	Delhi
	BOM	Mumbai
+6	DAC	Dhaka
	CMB	Colombo
+6.5	RGN	Yangon
+8	BKK	Bankok
	JKT	Jakarta
	PNH	Phnom Penh
	HAN	Hanoi
	SIN	Singapore
	HKG	Hong Kong
	KUL	Kuala Lumpur
	TPE	Taipei
	PER	Perth
	PEK	Beijing
	MNL	Manila
	SHA	Shanghai
+9	SEL	Seoul
	TYO	Tokyo
+9.5	ADL	Adelaide
	DRW	Darwin
+10	GUM	Guam
	SYD	Sydney
	MEL	Melbourne
+11	NOU	Noumea
+12	WLG	Wellington
	CHC	Christchurch
	NAN	Nadi
	AKL	Auckland

Function matrix

Mode			Button S1	Button S3	Button S5	Button S7	Button S9	Button S11
Time	normal		Run mode	Bike mode	press & hold to sub mode/ EL	Run mode	GPS on/off	change view/press & hold to mark
	sub mode		+ select	– select	confirm/EL	exit	GPS on/off	press & hold to mark
Run			start/lap	stop/save and clear	press & hold to sub-mode/ EL	next mode	GPS on/off	change view/press & hold to mark
	sub mode	Auto Lap	+ select	– select	confirm/EL	exit	GPS on/off	press & hold to mark
		Night	+ select	– select	confirm/EL	exit	GPS on/off	press & hold to mark
		Alert	+ select	– select	confirm/EL	exit	GPS on/off	press & hold to mark
		Strat/Stop	—	—	confirm/EL	exit	GPS on/off	press & hold to mark
		Scale	+ select	– select	confirm/EL	exit	GPS on/off	press & hold to mark
		Save	—	—	confirm/EL	exit	GPS on/off	press & hold to mark
		Delete	—	—	confirm/EL	exit	GPS on/off	press & hold to mark
		Exit	—	—	confirm/EL	—	GPS on/off	press & hold to mark
Data			+ select	– select	confirm/EL	next mode	GPS on/off	change view/press & hold to mark
Waypoint			+ select	– select	confirm/EL	next mode	GPS on/off	change view/press & hold to mark
Set			+ select	– select	confirm/EL	exit/Time mode	GPS on/off	press & hold to mark

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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 PHYSI-CAL 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

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Physi-Cal Enterprises Inc. declares
this Finger Sense Heart Rate Watch (Mio QUEST) in compliance
with EMC directive 2004/108/EC. A copy of the Declaration of
Conformity is available on request from our Customer Service.