

iFITNESS

USER MANUAL



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PLEASE BE SURE TO READ THESE INSTRUCTIONS THOROUGHLY BEFORE BEGINNING TO USE YOUR iFITNESS ACTIVITY TRACKER.

IT'S BEST TO WEAR THE iFITNESS BELOW YOUR WRIST.



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Your iFITNESS activity tracker works with the iFITNESS app available in the App Store and Google Play Store. Be sure to download the app before moving on to the instructions.

Your activity tracker keeps pace with your fitness goals with daily, weekly and monthly progress reports that you can find in your iFITNESS app.

Key Functions of the iFITNESS Activity Tracker



Pedometer

While wearing your iFITNESS tracker you will be able to keep track of the number of steps you've taken, the distance you have traveled and the approximate number of calories burned. To access the pedometer on your iFITNESS tracker, press the button once from the home screen to see the number of steps taken. Press the button again and you will see the distance traveled and press a third time for approximate calories burned. You can track your progress using our iFITNESS app available at the App Store and at the Google Play Store.



Sleep Monitor

Wear your iFITNESS tracker to sleep and it will be able to track your sleep patterns by being able to see when you are having deep sleep, light sleep and how often you are awake during the night. Track this daily, weekly and monthly to determine if you need to improve your sleeping habits.



Movement Reminder (Sedentary Reminder)

Set a reminder on your iFITNESS to remind you to move around after a time period of your choosing.



Notifier

Receive notifications on your iFITNESS when you get texts, calls and emails on your phone.



Camera Remote

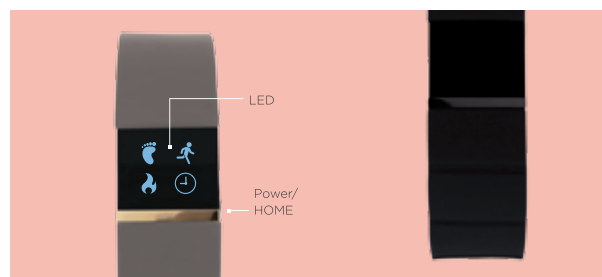
Take photos with your phone's camera using your iFITNESS as a remote.

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Be sure to download the iFITNESS App from the App Store for iOS or the Google Play Store for Android phones.

Once the app is downloaded open the app and follow the prompts to register as a user.



iFITNESS App Home Screen

Step Goal page

You will see your progress against your goals here. You will also see the distance, calories and your rating against your goal. By tapping on the circle you can then see your progress on a daily, weekly and monthly basis.

Sleep Tracker page

From the Step Goal page, you can swipe to the left to see the Sleep Tracker page. Just like the step Goal page, you can tap on the circle to see your progress for both Steps and Sleep quality on a daily, weekly and monthly basis.

iOS™ App Settings

Profile

Customize your profile with your name and a picture and fill in your personal information such as gender, age, height & weight.

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You can also set your step goals (increments of 1,000) and select your imperial or metric measure to track the distance walked.

Devices

To connect to your iFITNESS tracker, select Devices in the Settings Menu. The app will scan for available devices. Your iFITNESS band should show in the list. Select it to pair with it from your phone.

Call, SMS, More App Reminders

To receive notifications of calls, texts and other apps (such as social media apps etc), switch these to the on position. You will be asked to pair your device again. Once you are paired you will receive notifications on your iFITNESS tracker.

Safety/Lost Alert

An alarm will sound for 30 seconds when you have gone out of range of your iFITNESS device.

Sedentary Reminder

Select this option to set the length of time you want before being reminded that it's time to get some steps going.

Alarm

Set up to 3 different alarms on your iFITNESS device. The alarm is silent and the iFITNESS will vibrate 5 times when it goes off.

Display Limit

Select how long you want your iFITNESS screen to remain lit.

Find Band

Select this option when you can't find your iFITNESS activity tracker and it will vibrate if it is within range of the phone.

Shake To Take Selfie

Selecting this option will allow you to take pictures using your iFITNESS tracker as a remote. The app will open the camera and when you are ready to take the picture, just flick your wrist and the picture will appear on the screen.

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Firmware

Any firmware updates for your watch will be found here.

Clear Data

Set your iFITNESS tracker and your app to factory settings.

Android™ App Settings

Personal Information

Customize your profile with your name and a picture and fill in your personal information such as gender, age, height & weight. You can also set your step goals (increments of 1,000) and select your imperial or metric measure to track the distance walked.

Search Devices

Select this option to connect to your iFITNESS activity tracker. On the next screen you should see your iFITNESS device listed. If not, pull down the screen under "Find Available Device" to rescan.

My Device

Manage some of your device's functions:

- **Lost Function** – Your phone will sound an alarm if you become out of the range of your iFITNESS Tracker.
- **Posture Remind** – An alarm will sound to remind you to correct your posture after a set amount of time.
- **Display Time** – Set the time for how long the screen will stay on.
- **Find Band** - Select this option when you can't find your iFITNESS activity tracker and it will vibrate if it is within range of the phone.
- **Smart Alarm Clock** - Set up to 3 different alarms on your iFITNESS device. The alarm is silent and the iFITNESS will vibrate 5 times when it goes off.

Push Message

Select this option to choose what notifications you wish to receive on your iFITNESS tracker. You can add more notifications by selecting Add Push Notifications.

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Shake To Take Selfie

Selecting this option will allow you to take pictures using your iFITNESS tracker as a remote. The app will open the camera and when you are ready to take the picture, just flick your wrist to begin an automatic 3 second countdown for the camera.

For any further questions please contact us at:
customerservice@iFITNESSwatch.com or visit our
website at www.iFITNESSwatch.com

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

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iFITNESS
Take Control Of Your Life

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