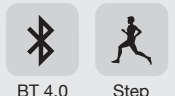


OPERATION MANUAL

BT 4.0 Activity & Sleep Tracker - BT005



Features



BT 4.0



Step



Travel time



Distance



Calories



Avg. speed



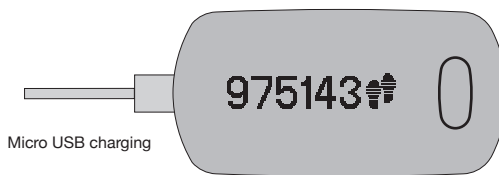
Sleep data



Battery level

- Bluetooth 4.0
- Daily Steps
- Daily Travel time
- Daily Distance
- Daily Calories burnt
- Battery level shown on OLED
- Daily Sleep data
- 14 days data record for main unit
- Battery level shown the battery level in APP when synchronizing every time.
- Clock (built in RTC) with yy/mm/dd
- Clear sensor memories by APP.

Key and (OLED version)



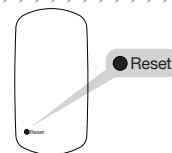
Micro USB charging

- 1 key (Standalone version, OLED Version)
-Press once to interchange the display mode.
-Press and hold 2 second to enter sleep tracker mode.
-In sleep tracker mode, press and hold 2 seconds to exit sleep tracker mode.
- OLED display : all display will be shown on the OLED, no LED.

Device Daily Range

Step	0 - 350,000 steps
Step Distance	0 - 500.0km or 0 - 500.0miles
Travel Time	00:00 - 24:00 (hr:mm)
Calories	0 - 50000 kcal
Age	5-99
Weight	30 - 136kg (66lb - 300 lb)
Height	100 cm - 200cm (39 inches - 79 inches)
Stride length	30 cm - 150cm (12 inches - 59 inches)

Reset



Press the key to clear all setting, and restore to default setting. The functions of the device are disabled until activating the device.

Pedometer

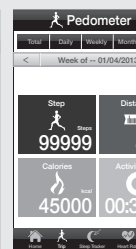
- To update the data, click on the APP to update the data.

• Daily summary mode

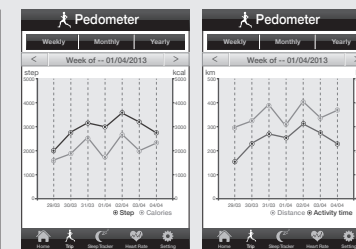


Display Step, Distance, Calories, Activity Time, Average Speed, Average Pace. Edit Target step, step distance, and calories.

• History mode



• History chart



History mode can show Daily, Weekly, Monthly, Yearly and Total. History Chart can show Weekly, Monthly, Yearly.

Synchronizing the data

To synchronize the data, it must to be connected between device and mobile Phone.

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

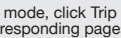
DISCONNECT

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

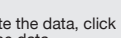
CONNECTING

3.) To check the mobile phone bluetooth status whether is on. (Settings>Bluetooth>select bluetooth on)

4.) Open the APP

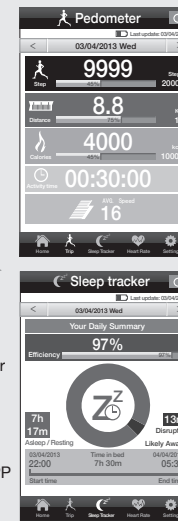


5.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.



6.) To update the data, click on the APP to update the data.

7.) Press button on the pedometer once to exit the Bluetooth mode, representing the device is working in the pedometer mode.

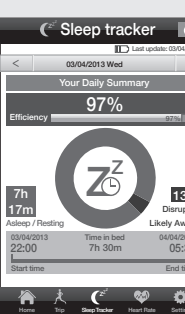


To update the data, click the icon to update the data.

Sleep tracker

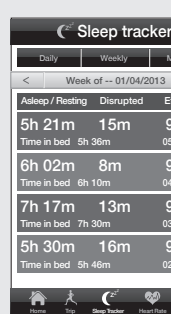
- To update the data, click on the APP to update the data.

• Daily summary mode



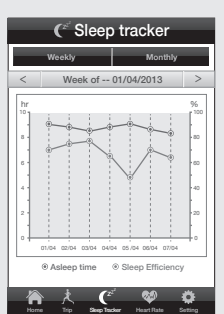
Display Start sleep time, Stop sleep time, Time in bed, Sleep time, Disrupted, Efficiency.

• History mode



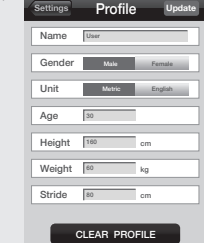
Display history --- Daily, Weekly and Monthly Graph history display --- Weekly, Monthly, Yearly.

• History chart



Updating the customer setting

After Bluetooth connection, the user can set the personal setting in profile page (Setting Profile)



After setting the personal information, press Update icon to update the information to tracker.

Update

Clear the stored data inside App

In profile page, press CLEAR PROFILE to clear the stored data inside APP.

CLEAR PROFILE

Clear internal memory

After Bluetooth connected is connected, press Clear Memory icon inside APP can clear all data store inside activity & sleep tracker.

Clear Memory

Unpaired internal memory

Press Forget Device can be unpaired the paired activity & sleep tracker. The user can pair the new tracker again.

Forget Device

A.) Activate the pedometer

If it is the first time to use, it need to activate the device.

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

DISCONNECT

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

CONNECTING

3.) To check the mobile phone bluetooth status whether is on. (Settings>Bluetooth>select bluetooth on)

4.) Open the APP



5.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.



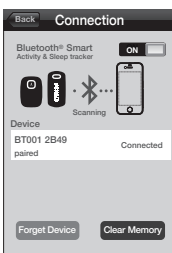
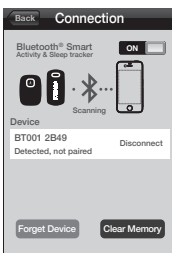
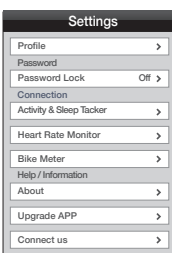
6.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.

7.) Select and click the "Settings" page. Then, Settings>Connection>Activity and sleep tracker and display the right:

8.) If mobile Phone have found the device, it will show on the mobile Phone (named : BTO05), click this device name on the mobile phone for pairing and connection.

9.) If connection is successful, the device shown below:

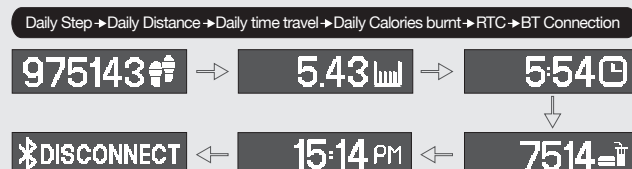
CONNECTED



B.) Normal Operation (Step count mode)

1.) In the pedometer mode, press the button to interchange the OLED display mode.

2.) The display mode sequence is shown below:



C.) Sleep Tracker mode

1.) In any mode (except BT connection mode), press and hold key 2 seconds to enter the sleep tracer mode.

OLED display will be shown below:

00:00:01

2.) A count up timer will start to count the sleep in bed time.

3.) When wake up, press and hold the key 2 seconds to stop the sleep tracker count, the sleep record will be stored into memory.

4.) When exit the sleep tracker mode, it will return to step count mode.

Note : During sleep tracking mode, pedometer function will be disabled. There is no tracking function for the beginning 5 minutes.

D.) Bluetooth Connection

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

DISCONNECT

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

CONNECTING

3.) When connected, OLED will be shown "Connected" below.

CONNECTED

Note : During "Connecting" or "Connected" mode, press the key to disconnect the connection, and then return to pedometer mode.

DISCONNECT



Available on the App Store

For iPhone 4S/5 or above



How to wear it



It is strongly advised to upload your data every 5~7 days, to maintain the completeness of monitoring.

FCC Statement

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:

- Reorient or relocate the receiving antenna.
- 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.

FCC Statement

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. 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.

Caution!

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