

 Activity & Sleep Monitor Wristband  User's Manual Model:W240	MAIN FUNCTIONS · Transmit data via Bluetooth Low Energy(Bluetooth 4.0) · Time mode: display minute, hour, day, month, power status by 12/24h format · Datas display: current steps, calories, distance, exercise time, target progress bar and target completion rate. · Sleep monitoring · 15 days total work out memory. · Battery chargeable. Function Parameter Range: Steps: 0~999999 Steps Calories: 0~999999 Kcal Distance: 0~9999.99 Km Exercise time: 00:00~23:59 Target goal: 0~999% LCD Screen Display And Operation  K1=MODE	BASIC FUNCTION BASIC FUNCTION 1. First time to use Activity Tracker. Press and hold K1 for 5s to wake up the tracker and go to time mode. Time will default display 12:00. 2. Press K1 for 1s under time mode, scroll through step mode, calories mode, distance mode, exercise time mode, target goal mode, target status mode and alarm mode. 3. Relative logo icon will flash at 1HZ by dynamic images under any mode display. 4. Each presson of K1 will wake up the display and it will enter power saving mode automatically after no operation for 10s under any mode display. 5. Clear all datas(steps, calories burned, distance, target goal) of the day at midnight. Functions Switch Operation: Switch Mode: Press K1 to switch modes in the following sequence. Time display Alarm Target goal status Target goal Steps display Calories display Distance Exercise timer	MODE CHANGE Bluetooth Synchronization Display: First step to ensure the connection and sync of APP and wristband. ✓ 23:45 ✗ 23:45 Operation 1. Download & open APP—SETTING—DEVICE—REFRESH. Press k1 to wake up the Tracker. Choose "activity tracker X" to pair. If pair successfully , the screen displays "✓" for 3s and the wristband vibrates for 1s. The icon of device name will change from grey to blue color to show connection. If pair failed, wristband will have no response, APP will display "Connect lost" or"Connect fail". 2. There will be vibration reminder for the pair of each mode. Remarks:The interface above will not show if the app is not synchronized. Time Display Functions 1. Current time & battery status display. 2. 12/24 hour display format switch. SETTING--Unit: If select Metric, time will display 24h format. If select imperial, time will display 12h format.	MODE CHANGE Operation Mode change : press K1 for 1s to enter step mode. Step Mode Walking 567 Running 234567 Functions: 1. Display steps of current day. 2. Walking/running icon will switch alternately at 1HZ. Operation Mode change: press K1 to enter calories mode. Calories Mode change alternatively 567 234567 Functions: 1. Display current calories burned 2. "Calories" logo will change from small to big alternately at 1HZ. Operation Mode change: Press K1 to enter distance mode	MODE CHANGE Distance Mode 234567 Functions: Display current walking distance keep two decimal places. Operation Mode change: Press K1 to enter exercise timer mode. Remarks: If APP&Wristband no sync, the stride length will be (60cm or 24 inch) by default. Exercise Timer Mode 12:15 Functions: Display current exercise time. Operation Mode change: Press K1 to enter target goal mode. Target Progress Bar Mode 23% 63% Functions: 1. Display current completed % of target goal . 2. Each small grid means 3% of target step. The   will increase when the goal finished increases.	MODE CHANGE Operation Mode change: Press K1 to enter target progress mode. Target Display Mode 23% 73% Functions: 1. Display the % of the goal finished and the corresponding emotion logo. 2. It will appear "Smile" face when the target finished more than 60%. Operation Mode change: Press K1 to enter alarm mode. ALARM MODE 12:15 14:15 16:15 19:15 OFF first alarm on second alarm on third alarm on fourth alarm on alarm off
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MODE CHANGE Display: 1. 4 alarms can be setted.The interface will show the corresponding alarms you set on the APP.Please check the picture above. 2.When alarm is off,it will show as above. 3.When alarm time arrives,the "bell" logo will flash for 30s at 1HZ frequency and drive the band vibrating for 30S. Press "K1" when vibrating, alarm will stop and enter power saving mode. Remark: 1. Alarm's 12/24h format will sync with cellphone. 2. After save alarm(s) and sync with wristband, it will display settet alarm(s) for 2s.If have 4 alarms,then each display 2s alternately and off to power saving. 3. If you setted alarm(s) but without choose repeat day,the wristband will just ring once and turn off. Exercise reminder 12:15 12:15 Display: The exercise reminder mode will shows as the picture above.	MODE CHANGE Functions: 1. It is default not to display this mode.Only when you sync APP with the wristband and open "reminder function" will work. 2. Set "No Exercise time", "Start time" and "End time" on "REMINDER" setting interface,SAVE and sync the wirtsband. 3. E.g. Set "No Exercise time":20 minutes,"Start time": 09:00,"End time": 22:00. If user without any movement, the band will vibrate at 09:20 for 20s and remind user to exercise.If detect user's movement on reminder time, it will recount."Start time"will change to the time when have no movement automatically.the icon will flash alternately at 1HZ frequency as above. Sleep & Wake-up Mode 23:45 sleep monitor display Display instruction: Interface will show as picture on the right. Operation 1.Press K1 for 3 s at any mode.It will enter sleep mode.	MODE CHANGE 2.At sleep monitor mode,press for 3 s to wake up the wristband and go back to the mode before sleep monitor. When alarm ring under sleep mode,the vibration will also quit to "Wake-up" mode. Any mode 23:45 Enter wake up interface 23:45 Enter sleep monitor function 23:45 Sleep monitor 23:45 Alarm rings Charging Mode Functions: 1. The charging interface will show as picture below. 2. When battery remain 5%,it will flash and remind you charging.	MODE CHANGE TIPS: 1.The  icon will always show when the wristband is charging . 2. Press "K1" key for 1s when charging,it will show the time mode (The battery symbol also exist). Charge mode refresh every 5 s It will show for 2 s Press Key "K1" for 1 s APP Download: iSport Activity Monitor Compatible with <table><tr><th>Brand</th><th>Phone type</th><th>Operating system</th></tr><tr><td rowspan="6">iPhone</td><td>iPhone 4S</td><td>IOS 6.0.0</td></tr><tr><td>iPhone 5</td><td>IOS 6.0.0</td></tr><tr><td>iPhone 5C</td><td>IOS 6.0.0</td></tr><tr><td>iPhone 5S</td><td>IOS 6.0.0</td></tr><tr><td>iPod</td><td>IOS 6.0.0</td></tr><tr><td>iPad</td><td>IOS 6.0.0</td></tr><tr><td rowspan="4">Samsung</td><td>Galaxy S3</td><td>Android 4.3</td></tr><tr><td>Galaxy S4</td><td>Android 4.3</td></tr><tr><td>Note II</td><td>Android 4.3</td></tr><tr><td>Note III</td><td>Android 4.3</td></tr></table> Operating system:IOS 6.0 or above,Android 4.3 or above.	Brand	Phone type	Operating system	iPhone	iPhone 4S	IOS 6.0.0	iPhone 5	IOS 6.0.0	iPhone 5C	IOS 6.0.0	iPhone 5S	IOS 6.0.0	iPod	IOS 6.0.0	iPad	IOS 6.0.0	Samsung	Galaxy S3	Android 4.3	Galaxy S4	Android 4.3	Note II	Android 4.3	Note III	Android 4.3	CARE & MAINTAINENCE Care & maintainence - Never attempt to disassemble or service your wristband - Keep clear frequently when use,please use a light moistened cloth to wipe the dirt on the wristband. Do not expose the unit to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish. - Protect the unit from extreme heat, shocks and exposure to direct sunlight long time. - Do not swing the wristband. - Keep the wristband out of reach of children. If swallowed by mistake, please contact the doctor immediately. - Do not drop the wristband in the water or other liquid; put the unit in dry, ventilated, non-corrosive substances indoor. Gasoline Alcohol FC CE 12	FC WARNING IC Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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. 13	IC WARNING 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 device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement. 14
Brand	Phone type	Operating system																													
iPhone	iPhone 4S	IOS 6.0.0																													
	iPhone 5	IOS 6.0.0																													
	iPhone 5C	IOS 6.0.0																													
	iPhone 5S	IOS 6.0.0																													
	iPod	IOS 6.0.0																													
	iPad	IOS 6.0.0																													
Samsung	Galaxy S3	Android 4.3																													
	Galaxy S4	Android 4.3																													
	Note II	Android 4.3																													
	Note III	Android 4.3																													