

LED Wrist Band
Instruction Manual

Table of Contents

1.0	Introduction
2.0	Specifications
3.0	Description and Settings of the LED Wrist Band
3.1	Mode selection of the LED Wrist Band
3.1.1	Details of each Mode – General Information Display
3.1.1.1	Daily Goal Level
3.1.1.2	Move Time and Active Time
3.1.2	Details of each Mode – Daily display
3.1.3	Step Display
3.1.4	Distance Display
3.1.5	Calories Burnt Display
3.1.6	Workout Mode Display
3.1.7	Workout Record Mode Display
3.1.8	Sleeping Mode
3.1.9	Battery Status and Charging
4.0	Home → Settings: Pairing the LED Wrist Band to an iOS and Android Product
4.1	Setting up your own profile
4.1.1	Setting up your Login ID and Password
4.2	Settings for the LED Wrist Band via your device
4.2.1	Alarm Settings
4.2.2	Daily Goals
4.2.3	Workout Goals
4.2.4	General Settings

Table of Contents

4.2.5	Wrist Band Settings
4.2.5.1	Wear the band on the left or right hand
4.2.5.2	Auto Stride Enable
4.2.5.3	Tilt Wake Enable
4.2.5.4	Enable Auto Sleep
4.2.5.5	Beep on Button Stroke
4.2.5.6	Customize LED Screen
4.2.5.6.1	Custom Settings
4.2.5.6.1.1	Time Mode
4.2.5.6.1.2	Daily Mode
4.2.5.6.1.3	Workout Mode
4.2.5.6.1.4	Other Modes
4.2.5.7	Firmware upgrade
5.0	Home - Reports
6.0	Home - Workout History
7.0	Home - About
8.0	Wristband Main page
8.1	Home
8.2	Steps
8.3	Distance
8.4	Calories Burnt
8.5	Active Time
8.6	Summary
8.7	Sleep Time
8.8	Main page

FCC Statement

FCC Caution:

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

IMPORTANT NOTE:

FCC Radiation Exposure Statement:

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

Note: 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.

IC Statement

This device complies with Industry Canada licence-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.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

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.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

IC SAR Warning :

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment.

Cet appareil est conforme aux limites d'exposition aux rayonnements définies pour un environnement non contrôlé.

1.0 Introduction

Thank you for your purchase of the LED Wrist Band.

With this band, you can monitor your daily activities easily! Simply put the band on your wrist and this small device will record the number of steps taken, the distance travelled, the calorie burnt and the sleeping patterns in your daily activity for your review.

This product has to be used in line with an iOS and Android devices that support Bluetooth 4.0 technology to review your daily activities.

Your LED Wrist Band is carefully designed and produced. In order to fully utilize the features of the LED Wrist Band, it is advisable to use it in conformity with the notes mentioned below:

Read this user's manual carefully before using the LED Wrist Band and keep this manual in a safe place for future reference.

Avoid exposing the LED Wrist Band to extreme conditions for an unreasonable time.

Avoid rough use or severe impacts on the LED Wrist Band.

Keep the LED Wrist Band away from magnets or appliances which contain magnetic components such as mobile phones, speakers or motors as these items may ruin the sensors.

Clean the LED Wrist Band occasionally with a soft cloth.

DO NOT expose the LED Wrist Band to strong chemicals such as gasoline and alcohol as they will damage the LED Wrist Band.

DO NOT dispose of the LED Wrist Band into fire as the battery inside the main unit may explode.

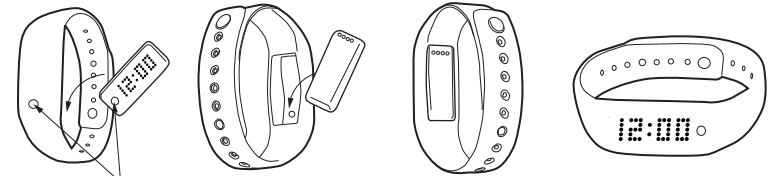
WARNING!

Make sure that you fully understand the functions and limitations of the LED Wrist Band and it is NOT a professional medical device. Should you have any further questions regarding your daily life condition, please consult your doctor.

2.0 Specifications

How to place the main unit into the Wrist Band

Place the main unit into the socket of the wrist band with the mode button facing upward and matching the bulge.



The mode button facing upward and matching the bulge

How to place the main unit into the socket of the Clip

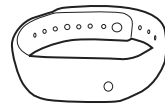


Place one end of the main unit with the notch matching to the lever of the socket

lock the main unit at the notch of the Clip

2.0 Specifications

LED Wrist Band – 1 pc



Main unit with display – 1 pc



USB Socket for battery charging – 1 pc



Clip with Socket for the main unit – 1 pc

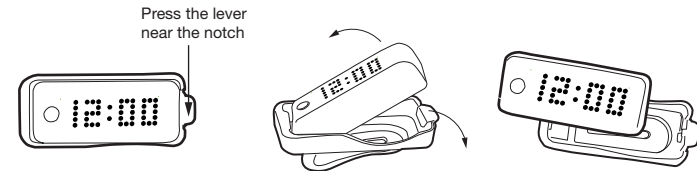


You may wear this product either on the wrist or clip it at the pocket opening or waistband as you wish to track your daily activities. Before using this LED Wrist Band, please charge the main unit first. For charging the main unit, please refer to the Chapter 3.1.9 Battery Status for more details.

2.0 Specifications

How to remove the main unit from the Clip

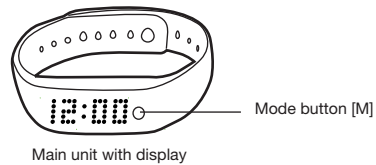
Press the lever near the notch to remove the main unit from the Clip.



The main Unit can store up to 7-days-per-minute data and 30-days-daily data When the information without transferring is over 7 days, only the latest 7 days information is kept.

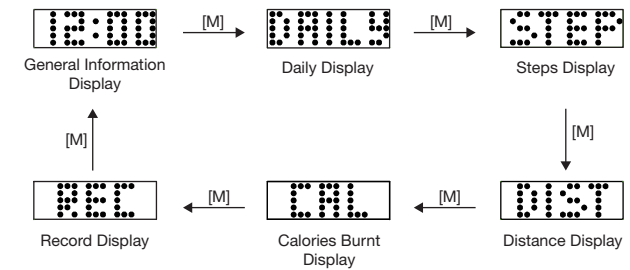
3.0 Description and Settings of the LED Wrist Band

The LED Wrist Band has only one mode button to control all functions.



3.1 Mode Selection

Different modes can be selected as below sketch. When the display is scrolling, you may press the mode button once to select the next mode.



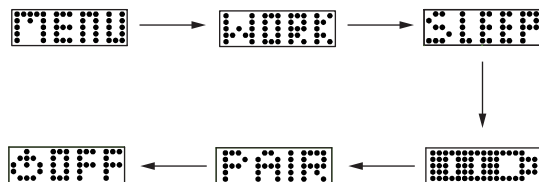
*When the display of the LED Wrist Band goes off, press the mode button once to display the last mode information.

Note: DAILY, STEP, DIST and CAL displays can be set to ON or OFF via the App. For more details, please refer to the Chapter 4.2.5.6.1.2 Daily Mode and Chapter 4.2.5.6.1.4 Other Modes.

3.0 Description and Settings of the LED Wrist Band - ON / OFF

To switch ON the LED Wrist Band, press and hold the mode button until "Hi! Your Name GLAD TO SEE U AGAIN" scroll on the screen. After the band is switched ON, you may set your own name in the App after pairing. For pairing, please check the chapter 4.0 for more details.

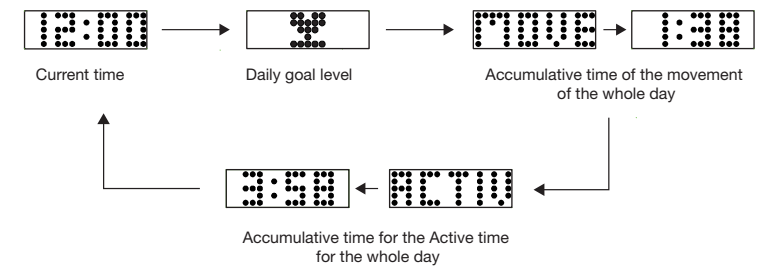
To switch OFF the LED Wrist Band, press and hold the mode button of your LED Wrist Band until the word "MENU" appears and then release it. The Menu screen will scroll on your LED Wrist Band in the sequence as the Sketch below.



When the Icon OFF appears, press the mode button to confirm. "SEE U LATER" will scroll on the screen and the band is switched off.

3.1.1 DETAILS OF EACH MODE-General Information Display

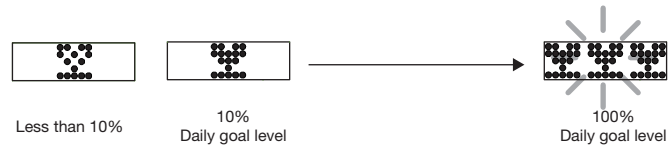
Press the mode button once, the LED Wrist Band will display General Information. When the General Information display doesn't appear, press the mode button until the General Information display appears.



Note: MOVE Time and ACTIVE Time displays can be set to ON or OFF via the App. For more details, please refer to the Chapter 4.2.5.6.1.1 Time Mode.

3.1.1.1 Daily Goal Level

One Hollow Cup – Daily goal level less than 10%
 One Solid Cup – Daily goal level between 10% and 40%
 Two Solid Cup – Daily goal level between 40% and 70%
 Three Solid Cup – Daily goal level between 70% and below 100%
 Three Flashing Solid Cup – Daily goal level 100%

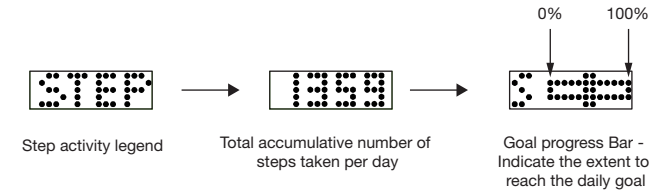


3.1.1.2 DETAILS OF EACH MODE - Move Time and ACTIVE Time

Please note that the Move Time is the total time of the movement. The Active Time will be collected and accumulated when the movement is more intense and vigorous like jogging and running.

3.1.3 STEP Display

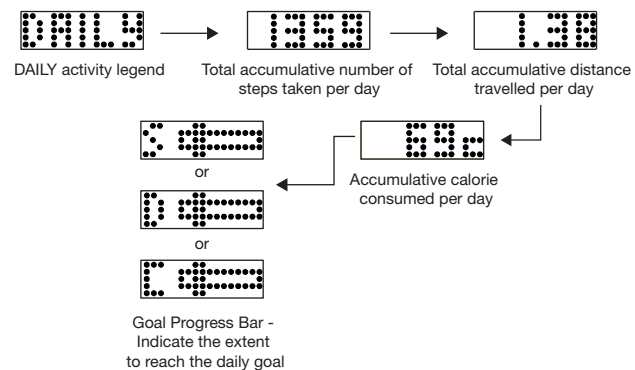
Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the STEP display doesn't appear, press the mode button until the STEP display appears provided that the STEP display has been switched ON in the device. For more details, please refer the Chapter 4.2.5.6.1.4.



Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Step is selected in the Goal Type. For more details, please refer the Chapter 4.2.2 Daily Goals.

3.1.2 DETAILS OF EACH MODE – Daily Display

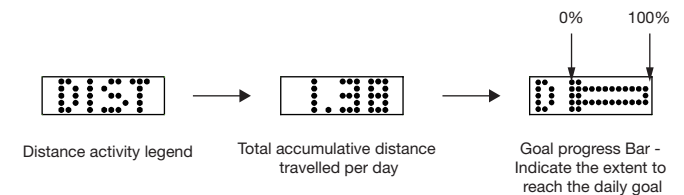
Press the mode button once again while the display is still on, the following display will scroll on the screen. When the Daily display doesn't appear, press the mode button until the Daily display appears.



Note: Daily Display has to be switched ON in the App. Otherwise, this display will not appear on your LED Wrist Band. For more details, please refer the Chapter 4.2.5.6.1.2 Daily Mode. Goal Progress Bar will be shown only when Show Goal is set to ON. For more details, please refer the Chapter 4.2.2 Daily Goals.

3.1.4 DISTANCE Display

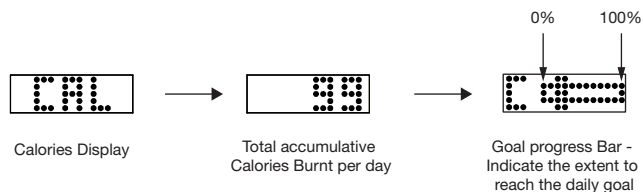
Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the DIST display doesn't appear, press the mode button until the DIST display appears provided that the DIST display has been switched ON in the device. For more details, please refer the Chapter 4.2.5.6.1.4.



Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Distance is selected in the Goal Type. For more details, please refer the Chapter 4.2.2 Daily Goals.

3.1.5 CALORIES Burnt Display

Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the CAL display doesn't appear, press the mode button until the CAL display appears provided that the CAL display has been switched ON in the device. For more details, please refer the Chapter 4.2.5.6.1.4.

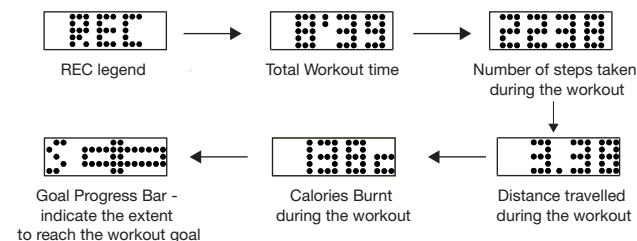


Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Calories Burnt is selected in the Goal Type. For more details, please refer the Chapter 4.2.2 Daily Goals.

3.1.7 WORKOUT RECORD Mode Display

You can review your last workout information in the REC mode. Press the mode button once. The following information will scroll on the screen. All the following information will scroll on the screen provided that the Steps, Distance, Calories and Goal displays have been set to ON in the App. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the LED Wrist Band. For more details, please refer to the Chapter 4.2.5.6.1.3 Workout Mode.

Press the mode button during the scroll, it will go back to the General Information Display.



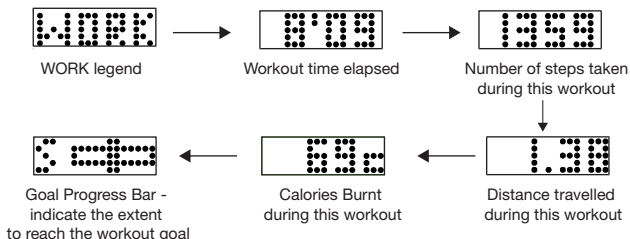
Note: Goal Progress Bar will be shown only Show goal is set to ON in the App. For more details, please refer to the Chapter 4.2.3 Workout Goals.

3.1.6 WORKOUT Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word "WORK" is shown, press the mode button again to enter this mode. The display scrolls GO; the LED Wrist Band will start recording your workout activity. During the workout, you can check the current status by pressing the mode button once. All the following information will scroll on the screen provided that the workout duration, Steps, Distance, Calories and Goal Progress Bar have been set to on. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the LED Wrist Band. For more details, please refer to the Chapter 4.2.3 Workout Goals and Chapter 4.2.5.6.1.3 Workout Mode.

How to stop the Workout

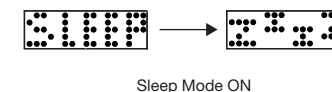
When you finish your workout, just press and hold the mode button until the word "STOP" appears, then release the button to confirm. The word "DONE" will scroll on the screen indicating your workout information is recorded.



Note: Goal Progress Bar will be shown only Show goal is set to ON in the App. For more details, please refer to the Chapter 4.2.3 Workout Goals.

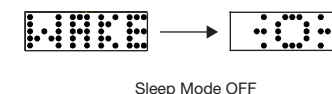
3.1.8 Sleeping Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word "SLEEP" appears on the screen, press the mode button to enter Sleep Mode. The SLEEP → "Z" ICONS will scroll on the screen. It indicates that the Sleeping Mode is ON. The LED Wrist Band will start recording your sleeping pattern. In this mode, when you press the mode button, the current time will be displayed.



Exiting Sleep Mode

In the Sleeping mode, press and hold the mode button until the word "WAKE" appears on the screen, then release the button to confirm. The Sleeping mode is switched OFF. Your sleeping pattern has been recorded and can be transferred to the App for review. When "WAKE" appears on the screen, the sunrise animation will scroll on the screen as below sketch.



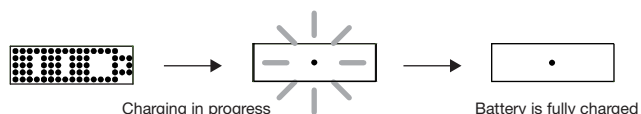
Note: The Sleep mode can be set automatically. Sleeping time and Wake up time can be set automatically via the App. For more details, please refer to Chapter 4.2.5.4 Enable Auto Sleep.

3.1.9 Battery Status and Charging

In any mode, press and hold the mode button until it displays MENU and then release it. The Battery Icon will scroll on the screen. The battery status indications are as below:

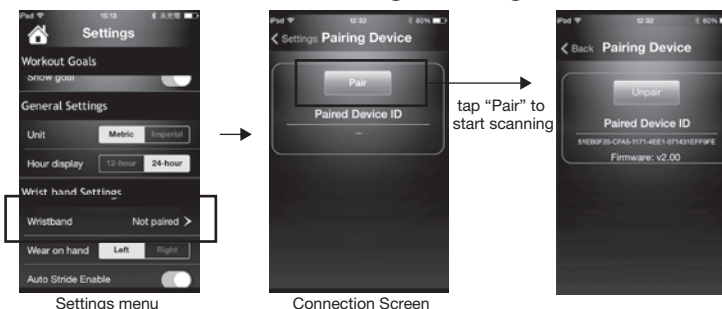


When the battery is low, please plug the main unit into the USB-socket and plug it into any computer for charging. During charging, the battery icon will appear on the screen of the main unit as below sketch. After a few seconds, a flashing dot will appear at the center of the display, which means charging is in progress. When the dot stops flashing and stands still, charging is completed and the battery is full.



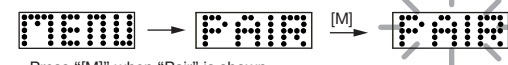
The Wristband can last for approximately 7 days for normal use. It takes about 1-2 hours for fully battery changing.

4.0 Home → Settings: Pairing to an iOS Product



In the Settings menu, drag the screen up and tap the Wrist Band with "Not paired" on the screen, the Connection Screen will appear in above sketch.

- Press and hold the mode button of your LED Wrist Band until the word "MENU" appears on the screen and then release it.



- Press "[M]" when "Pair" is shown.

- At the same time, tap "Pair" to start scanning for a wristband in 20 seconds.

- If pair successfully, message "DONE" will be show on the Wrist Band.

NOTE: Make sure the Bluetooth on your device is switched ON. Otherwise, connection cannot be established.

4.0 Home Settings: Pairing to an iOS and Android Product

To fully utilize the LED Wrist Band, it has to be used in line with an iOS and Android Product for settings and tracking your daily life condition. Synchronization with an iOS and Android Product is required.



First, download the LED Wrist Band App (Name: SmartBand) from the App Store in your iOS device or Google Play in your Android device. After installation of the App, click and run the programme.

Below sketch will appear in your device. Switch ON your LED Wrist Band and the Bluetooth function in your device.

Select the Home menu icon in the upper left corner in below sketch; then select Settings.



NOTE: The Apps interface format is a little different between iOS and Android version.

4.1 Setting up your own profile

Select Profile at the bottom of the Settings menu to establish your own profile.



Input your own name in the Name field. This name will be displayed on your LED Wrist Band.

Input your Height, Weight, Gender and Birthday in the spaces provided.

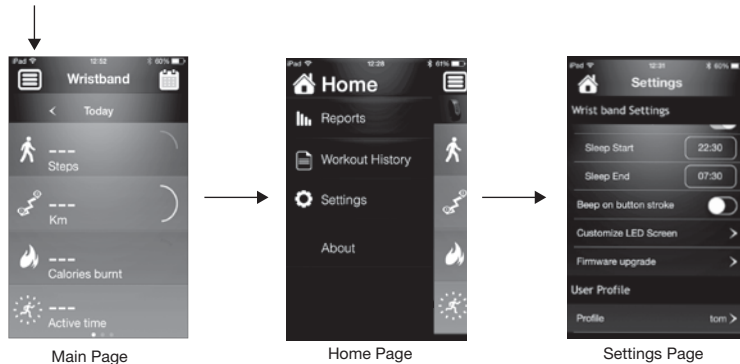
This information is very important for the device to calculate the Steps taken, Distance travelled and Calories burnt for the relative motion or activity you have done.

For the Login and Password, please refer to the coming Chapter.

4.2 Settings for the LED Wrist Band via your device

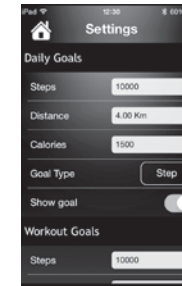
Run through the same process in Chapter 4.0 except downloading the software process. Select the Home menu button on the main page and then select Settings. In the Settings menu, you can set the LED Wrist Band and all relative parameters.

Home menu Icon



4.2.2 Daily Goals

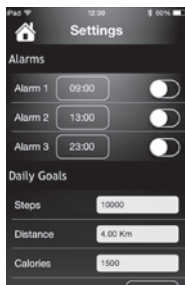
You can set your daily goals by inputting the expected number of Steps taken, Distance to travel and Calories to burn in these fields. You can select the Goal Type for your goal from Step, Distance and Calories Burnt and choose whether to show the goal display in the LED Wrist Band or not.



For example:

Steps – 10000
Distance – 4 Km
Calories – 1500 Cal
Goal Type – Step, Distance or Calories can be chosen – Step taken is chosen for the goal.
Show goal – when this is set to on, the Daily Goal Level & Goal Progress Bar (Daily) will be shown on the LED Wrist Band.

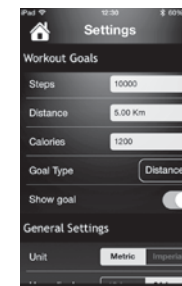
4.2.1 Alarm Settings



3 alarms are available for you to use. Tap the time and a popup window will come up. Select the alarm and adjust the time as you wish. You can turn ON or OFF the alarms by dragging or tapping the buttons on the right. The alarm will sound for 20 seconds and the word “ALARM” will scroll on the band when it reaches the set alarm time. Pressing the mode button of the LED Wrist Band can also stop the alarm.

4.2.3 Workout Goals

This part is for you to track your workout performance compared with your goals. Input the expected target goal of Steps taken, Distance to travel and Calories to burn in these fields. You can select the Goal Type for your goal from Step, Distance and Calories Burnt and choose whether to show the Goal Display on the LED Wrist Band or not.

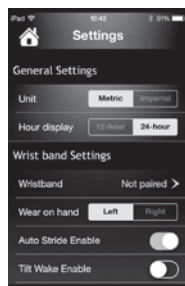


For example:

Steps – 10000
Distance – 5 Km
Calories – 1200 Cal
Goal Type – Step, Distance or Calories can be chosen – Distance travelled is chosen for the goal.
Show goal – when this is set to on, Goal Progress Bar (Workout) will be shown on the LED Wrist Band.

4.2.4 General Settings

Unit – you can choose Metric or Imperial unit for the display.
Hour Display – you can choose 12-hour or 24-hour format display.

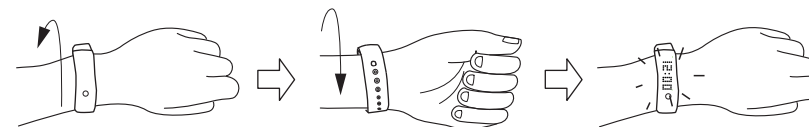


4.2.5.2 Auto Stride Enable

This function is used to quantify your activities in terms of Steps, Distance travelled and Calories Burnt using your personal profile's information when it is switched ON. When this function is switched off, you have to input the Walk Stride and Run Stride in order for the device to quantify your activities.

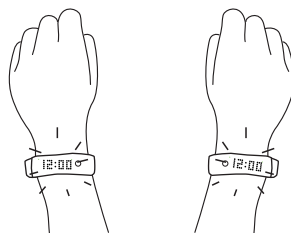
4.2.5.3 Tilt Wake Enable

When this function is set to ON, you can switch ON the display of your LED Wrist Band by twisting or tilting your wrist without pressing the mode button.



4.2.5 Wrist Band Settings

The LED Wrist Band can display the information in opposite direction which fits your wearing habit. You can either wear the band on the left hand or right hand while the display is still upright for you to read as long as you select the corresponding setting in "Wear on hand".



Wear the band on the left hand or right hand

4.2.5.4 Enable Auto Sleep

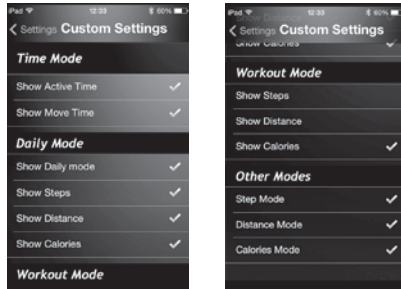
When this function is switched ON, the LED Wrist Band will enter the Sleeping mode automatically according to the Sleeping Time you set to track your sleeping habit and quality. When this function is switched ON, please input the Sleep Start time and End time as you wish. You can also switch ON or OFF the Sleep mode manually by pressing the mode button on the LED Wrist Band. Please check Sleeping Mode in Chapter 3.1.8 for more details.

4.2.5.5 Beep on button stroke

You can switch ON or OFF the Keytone of the mode button on the LED Wrist Band in this function.

4.2.5.6 Customize LED Screen

In this mode, different displays can be set to ON or OFF in the LED Wrist Band. Tap on this function, below sketches will appear. When you tap on the corresponding legends, they can be set to ON or OFF.



4.2.5.6.1.3 Workout Mode

When you start the Workout mode in your LED Wrist Band, the following information will be shown on the screen when you press the mode button.

- Show Steps – When this is set to ON, the number of steps taken will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode.
- Show Distance – When this is set to ON, the Distance travelled will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode.
- Show Calories – When this is set to ON, the Calories Burnt will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode..

Note: When daily mode is switched on, at least one item (Step, distance, calories) must to be set on.

4.2.5.6.1.4 Other Modes

Step, Distance and Calories will be shown on the LED Wrist Band individually when these modes are set to ON.

Tap the backward "Back <" to return to the Settings menu.

4.2.5.6.1 Custom Settings

4.2.5.6.1.1 Time mode

Show Active Time – When this is set to ON, the Active time will be shown on the General Information display.
Show Move Time – When this is set to ON, the Move time will be shown on the General Information display. Both of these displays can be set to OFF.

4.2.5.6.1.2 Daily Mode

- Show Daily mode – When this is set to ON, Daily display will be shown on the LED Wrist Band. Otherwise, it will not be shown on the LED Wrist Band.
- Show Steps – When this is set to ON, the number of steps taken will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.
- Show Distance – When this is set to ON, the Distance travelled will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.
- Show Calories – When this is set to ON, the Calories Burnt will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.

Note: When daily mode is switched ON, at least one item (step, distance, calories) must be set ON.

4.2.5.7 Wrist band Firmware upgrade

Tap on this function to check the latest firmware for the wristband.

5.0 Home – Reports

In the Home Menu, tap the Reports, the screen appears as below sketch. This page summarizes your activities in weeks, months and years. You simply tap on the Week, Month or Year icon to review your activities. The Data Display above the Bar Chart shows the Daily Average per Week, Month or Year depending on your selection. The bar chart shows the corresponding information. The Legend underneath the bar chart includes 5 categories. They are Step, Distance, Calories Burnt, Active Time and Sleep. Swipe this part to select the category you want to review, the corresponding bar chart and information will be shown accordingly.



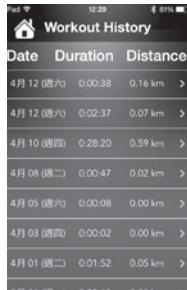
You can swipe the bar chart to the left or right to put forward or backward the dates. The corresponding information will be changed accordingly. You can also use the Calendar icon in the right top corner to select the date which you want to review.



You can also check the individual value on a particular date. Tap on the bar with the date you want to review, the actual value of the corresponding category will be shown in a highlighted bubble as the sketch.

6.0 Workout History

In this mode, you can review your Workout History and individual summary. In the Home Menu, tap the Workout History, the screen appears as below sketch 1. This page lists out all the Workout you have done with Date, Duration and Distance. In each row, tap the arrow will move to the 2nd page which corresponds to the summary of the individual workout.



Sketch 1



Page 2

In the "Workout summary" page, scroll left to review previous workout. Scroll right to review more recent workout.

8.0 Wristband Main page

8.1 Home

This page shows the current performance and basically similar information as your LED Wrist Band. Depending on your previous connection, it could take approximately 2-3 minutes for the data transfer between the 2 gadgets. Afterwards, data can be updated instantly.



Main Page

The icon  in the first row on the left is the Home menu button. The one on the right  is the Calendar icon. The 2 arrows are buttons for selecting the previous day and the next day information OR only one backward arrow < with Today when the information displayed is today's information. The LED Wrist Band icon  appears when the band is synchronized with the device.

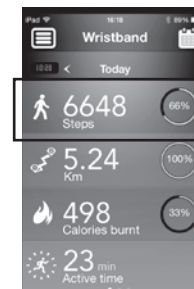
7.0 About

When you tap on this row, it will show the version of the software.



8.2 Steps

The third row shows the Steps taken with Percentage completed icon compared with the set goal. When you tap on this row, the screen will move to a more detailed display which shows the total number of Steps taken, Percentage completed with the Goal, Steps to Goal, the Set Steps Goal, Daily goal icon and a detailed bar chart as the sketch below. This bar chart shows the frequency of the Steps taken against time during the day. You can either use the "-" and "+" buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



Main Page



Steps Page

After the review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

8.3 Distance

The fourth row shows the distance travelled with Percentage completed icon compared with the set goal. When you tap on this row, the screen will move to a more detailed display which shows the total distance travelled, Percentage completed icon compared with the Goal, Distance to go, the Set Distance Goal, Daily goal icon and a detailed bar chart as the sketch. This bar chart shows the frequency of the distance travelled against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.

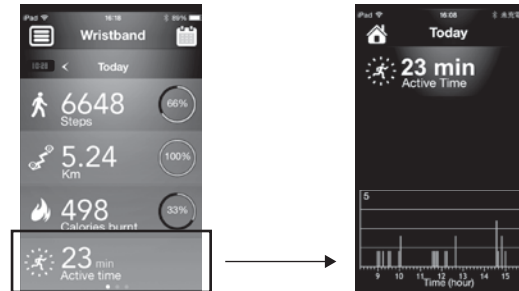


Main Page

After the review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

8.5 Active Time

The sixth row shows the Active Time of your daily activity. When you tap on this row, the screen will move to a more detailed display which shows the total Active Time of your daily activity, detailed bar chart. This bar chart shows the frequency of the Active Time of your daily activity against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



Main Page

After the review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

8.4 Calories Burnt

The fifth row shows the Calories Burnt with Percentage completed icon compared with the set goal. When you tap on this row, the screen will move to a more detailed display which shows the total Calories Burnt, Percentage completed icon compared with the Goal, Calories to burn, the Set Calories Goal, Daily goal icon and a detailed bar chart. This bar chart shows the frequency of the Calories burnt against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



Main Page

After the review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

8.6 Summary

On the Main page, you can swipe the screen to the left. Below page will appear.



Main Page

Summary with Bar Chart

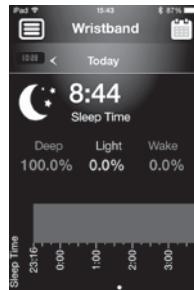
On this page, you may tap on one of the four icons at the bottom; the bar chart will display the frequency against time bar chart corresponding to the icon you tap. You can also check different days' bar charts by tapping the arrows in the second row or tap on the Calendar icon to select a specific day to review. Swipe or drag the bar chart to the left or right to show the hidden information.

8.7 Sleep Time

Swipe the screen to the left from the Summary page, below page will appear.



Swipe to the left →

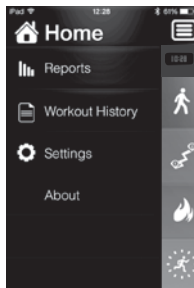


Summary with Bar Chart

This page shows the pattern and quality of your sleep of last night. You can swipe or drag on the horizontal bar to the left and right to check the sleeping pattern and quality against time. You can also check different days' sleeping pattern and quality by tapping the arrows in the second row or tap on the Calendar icon to select a specific day to review.

Tapping the Home key Icon will return to the Home page or swiping the screen to the right 2 times will return to the Main page.

8.8 Main page



Home →



Home Page

Main Page

On the Home page, tapping on the the Home icon or the Main page portion will move to the Main page.