KEEFIT ACTIVITY TRACKER

Model No.: IR125B



Keefit2

Download on the App Store

ANDROID APP ON Google play

Instruction Manual

READ THIS INSTRUCTION MANUAL BEFORE OPERATING THE APPLIANCE AND SAVE IT FOR FUTURE REFERENCE

Thank you for purchasing this Tracker

We recommend that you spend some time read this instruction manual in order that you fully understand all the operational features it offers. You will also find some hints and tips to help you resolve any issues.Read all the safety instructions carefully before use and keep this instruction manual for future reference.

CAUTION

Symbol Definitions

DANGER - Indicates an imminently hazardous situation, which, if not avoided, will result in death or serious injury. This symbol appears only in the most extreme situations.

WARNING - Indicates a potentially hazardous situation which could result in death or serious injury.

CAUTION - Indicates a potentially hazardous situation, which, if not avoided, may result in minor/moderate injury or product/ property/damage. It also warns against unsafe practices.

The lightning flash with arrowhead symbol, within an equilateral triangle is intended to alert the user to the presence of insulated 'dangerous voltage' within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.

CAUTION RISK OF ELECTRIC SHOCK DO NOT OPEN

WARNING: TO REDUCE THE RISK OF ELECTRIC SHOCK DO NOT REMOVE COVER (OR BACK), NO USER SERVICEABLE PARTS INSIDE REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.

The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the appliance.

SAFETY INSTRUCTIONS

1) **Read this Instruction Manual before you attempt to connect or operate the appliance.**
2) **Keep these instructions in good condition. Heed all warnings. Follow all instructions.**
3) **Save this Instruction Manual for future reference.**
4) **The apparatus shall not be exposed to dripping or splashing and no objects filled with liquids, such as vases, shall be placed on the product. Dry location use only.**
5) **No naked flame source, such as candles, should be placed on the product.**
6) **Children should be supervised to ensure that they do not play with the appliance.**
7) **Ventilation should not be impeded by covering the ventilation openings.**
8) **Only use accessories, which are specified by the manufacturer.**
9) **Install the unit in accordance with the manufacturer's instructions.**
10) **Place the unit where there is good ventilation. Place the system on a flat, hard and stable surface. Do not expose to temperatures above 40°C. Allow at least 10 cm clearance from the rear and the top of the unit and 5 cm from each side.**
11) **Press the button gently. Pressing them too hard can damage the button.**
12) **Dispose of used batteries in an environmental-responsible manner.**
13) **Always ensure that the product is unplugged from the electrical outlet before moving or cleaning. Clean it with dry cloth only.**
14) **This product has no user-serviceable parts. Do not attempt to repair this product yourself. Only qualified service personnel should perform servicing. Take the product to the electronics repair shop of your choice for inspection and repair.**
15) **NEVER let anyone, especially children, push anything into holes, slots or any other openings in the unit's casing as this could result in a fatal electric shock.**
16) **Do not leave the unit unattended when it is in use.**

FEATURES

- **Free APP that tracks your sleep, activity & create the charts for the data compare.**
- **Vibration alerts including Smart Alarm & Activity reminder.**
- **Designed to be worn 24 hours to track user's activity and workouts.**
- **Track your sleep and wake up silently with a vibrating alarm.**
- **Remind you to move when you've been inactive for a long time; and vibrating twice.**
- **Motivate you to get your desired goal.**
- **Bluetooth4.0 sync with all the info is collected and stored in real time.**
- **3 Hour charging time for 5~7days using(the use of time).**

Remove all packaging from the unit. Please verify that the following items are included:

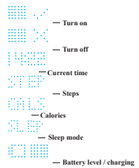


Getting to know your Keefit Activity Tracker

Track your day

Counts your steps, calories burned, distance travelled.
Active minutes
Reminds you to move when you have been inactive for a long time.
Set daily goals
Motivates you to get your desired goal.
Get fulfilled seeing your progress through graphs.
Track your night
Graphs hours slept, times woken up.
Monitor your sleep quality and wake up silently with a vibration alarm 24 hours tracking user's activity and workouts.

The Display



Getting Start:

1 Download the APP
Download the keeFit2 software from App store Or Google Play & install



2 Charge the bracelet by the supplied USB Charging Cable, firstly,Connect to the charger pin at the bottom of bracelet and then plug the USB to the USB port from your computer or the adaptor with output power minimum of 5V 500mA or highter.

3 Sync bracelet with your Smart device Turn your Smart Device's Bluetooth on First

After that, press the Power button on the bracelet for 5 seconds to turn on the bracelet.
Marks: pls kindly be noticed that the display screen of bracelet must turn on during the BT connection. after connect, the display will be dark automatically.

Click the Apps icon " " to pair bracelet, then "Bluetooth connecting……" will show on the App. after about 30 seconds Wireless connection is successful when "Bluetooth connection is successful" appears.

Sync Icon to connect device via Bluetooth

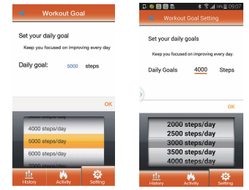


4 Customize your Keefit bracelet
Click on to "Setting" & put in your information
Under "My Profile" it is important to record accurate information to ensure that the reading & outcome will be more beneficial to the user.



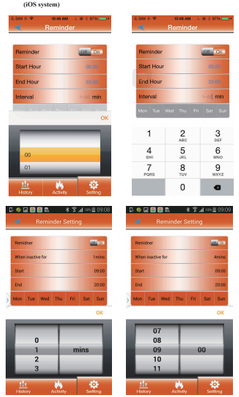
5 Set your daily workout goals
Click "Workout Goal" to set your daily sport goals. Choose the daily goal listed in the options and click "ok" and Sync.

(iOS system) **(Android system)**



6 Reminder Setting
Click "Reminder Setting" to set activity reminder function, for anywhere between 15 minutes and 2 hours, the bracelet will vibrate to remind you to exercise.

(iOS system)



Notes

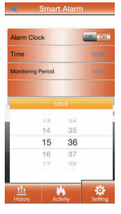
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

Caution: 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.

7 Smart Alarm
Click "Smart Alarm" to enter alarm setting interface. After alarm setting, the bracelet will vibrate several times as per your desired time, meantime show CLOCK to wake you up silently. At this moment, Press the Power button by once to close the clock

(iOS system)





8 About US



Activity Mode

No matter what settings you put or change, you have to sync the bracelet with your devices via the Bluetooth, in order to sync the setting done to your unit. Select the Sports mode Press the button

on the bracelet, then click to sync.

Data Synchronization After Use

The data storage time of the bracelet is 3 days. Please sync your bracelet within 3 days.

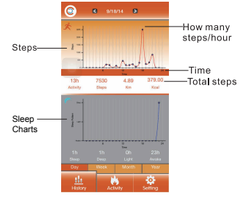
After charging and having the "My profile" setting, you can take the bracelet on hand and doing exercise, like walking, running. After you complete the exercise, and get ready for data synchronization. The unit will calculate the distance of the working steps, but not including the distance of driving or taking bus. Press the Button on bracelet in short time, then the LED screen

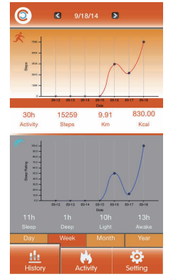
will light on. Click the Bluetooth connecting icon to connect with bracelet, it will show sync Interface, the number of Steps, Distance, Burn and target goals that have completed will be showed onside the APP.



Sleep Mode

1) **In Activity mode, click the button 2 times speedily, shift from sports mode to sleep mode. Bracelet vibrate and show sleep icon "SLEEP "**
2) **In sleep mode you can still check the time. Simply click the button and time will show.**
3) **When user wake up in morning, bracelet will detect user's sports situation and shift from sleep mode to sport mode automatically once you are walking around over 15 minutes.**
4) **After sync. Bracelet with phone, user can review sleep situation yesterday, or previous sleep situation per day, month or year.**





Notes:

Power management

(1) Press and hold the power button for about the 5 seconds to ture on/ture off the bracelet.

(2)The bracelet has a built-in（can't disassemble）3.7V 90mAh lithium battery for power supply. Before using the device for the fist time or when the battery has been unused for an extended period, you must full charge the built in battery then sync with phone. While charging the screen will indicate a charging symbol. The button will not respond during the charging process.

Reminder

Please charge the device for at least 3 hours for fully charging. until you find the battery icon does not flash.
Connecting the bracelet to other power supply or long time charging may cause damage, any damage caused by misuse is not covered by the warranty. The working distance between the Smart phone and the bracelet no longer than 10m in open air.

BT Compatibility :

Apple product with iOS 7.0 or above
iPhone 4S, iPhone 5S, iPhone 5C, iPhone 6, iPhone 6 plus
iPod touch 5th Gen. or newer
iPad Mini, iPad Mini with Retina display
iPad air
Android Smart phone (Android verion 4.3 or above)
Samsung Galaxy S3 , S4 , S5
Samsung Galaxy Note 2, Note 3, Note 4
Other smart phone
To check the Android version, you can press the system icon at smartphone. To check the BT version of your phone please contact supplier or check with service personnel.