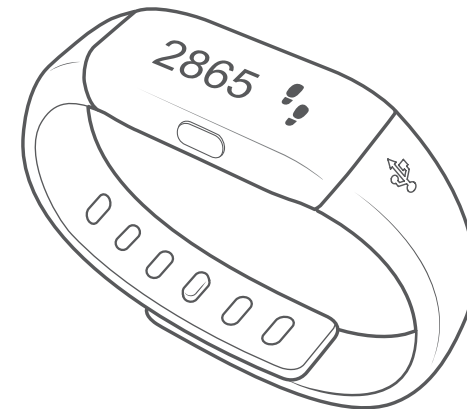




# User Manual

## Bluetooth Activity Tracker AT100



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AT100 IB UK 20151027












- Please read the user manual carefully and thoroughly so as to ensure the safe usage of this product. Keep the manual for future reference.

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♥ Symbol Meaning

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please see below the further explanation of the symbols in the User Guide.

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	Symbol for "MANUFACTURE DATE"		Symbol for "COMPLIES WITH EU REQUIREMENTS"
	Symbol for "DIRECT CURRENT"		Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "Including RF transmitter"		
	Read the instructions (actual symbol colours are white on a blue background).		Keep Dry.
	Symbol for "European Representative".		Model Reference.

♥ Introduction

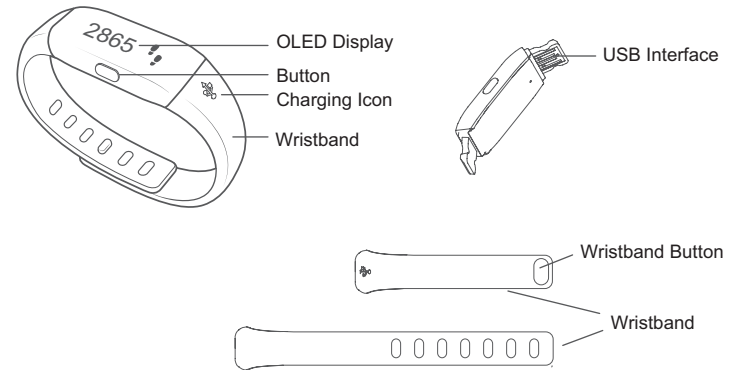
Thank you for buying your Kinetik Bluetooth Activity Tracker. Whether you are about to start improving your fitness levels or want to understand your current activity better, you have taken the first step to quick, easy and accurate measurement of your activity that will keep you informed and to set targets to challenge yourself further.

You will also be able to start monitoring your sleep patterns to help you understand the quality of your sleep, which can be an indicator of your physical and mental wellbeing.

- Accurate – measures steps, calories, distance and sleep quality
- Easy to use – pair via Bluetooth 4.0 with your phone, tablet or laptop
- Easy to understand – record your results for review over time
- Store up to 1 year's data on the App

**Before you start, it is important that you read this instruction booklet carefully.** Please keep it in a safe place in case you need to refer back to it at a later date. If you have any concerns about either your ability to take part in any activity or your sleep patterns, we recommend you contact your doctor.

♥ Device Components



♥ List

1. Bluetooth Activity Tracker AT100 (including Polymer Lithium Battery)
2. User Manual

## ♥ Install the App and Pair your Device

1. To activate your Activity Tracker, press and hold the button for five seconds. The device should then power up.
2. Charge the unit fully by connecting the USB interface to your laptop or any other suitable USB charger. Charging is complete when the battery picture on the OLED display is full.



3. Download the Kinetik App from the Android or Apple Store on to your chosen device.
4. Now, pair the Activity Tracker with your chosen device. You need to open the App on your device and turn on Bluetooth.

### ⚠ CAUTION

#### Note:

- (1) When the device is in the shipping mode, if you charge the power, it will divert to the normal mode, then you can start your measurement.
- (2) When the shipping mode is removed, the Activity Tracker will display the initial time: 0:00.
- (3) After pairing with the device, the Activity Tracker will download the time from the mobile phone, and it will display the current time.

5. When this is done, make sure your Activity Tracker is switched on and press and hold the button for about six seconds to commence pairing. You will see the following symbol alternating in the display to show you this is in progress.



6. Once done the display will show the word 'Success!'. If it shows the word 'Fail!', start the process again.
7. The time and date will be set automatically, using the information on your device.


## ♥ Understanding the symbols on your Activity Tracker

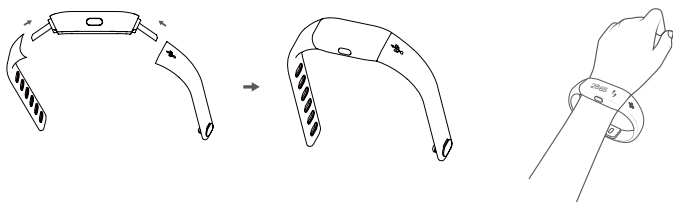
SYMBOL	DESCRIPTION
0	Steps
0.0	The Consumed Calorie (kcal)
0.00	The Walking Distance(km)
0	Sleeping Mode The Moon Icon Blinks
17:00	The Current Time
17:00	Alarm Clock Press the Button to Stop the Alarm Clock

### ⚠ CAUTION

The Mini USB port is only used for charging the power, and cannot be used for transmitting the data to the computer.

## ♥ How to Wear the Activity Tracker

1. Insert the part of the wristband that has the USB symbol  into the USB interface on the Activity Tracker.
2. Insert the other part of the wristband with the holes into the other end of the Activity Tracker.
3. You can now wear the Activity Tracker like you would wear a watch, by pressing the button into the chosen hole to get the right size for your arm.



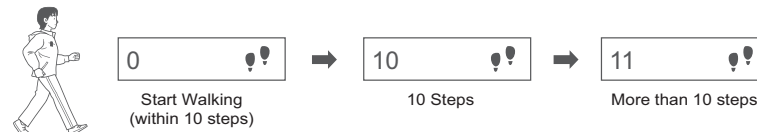
### ⚠ CAUTION

Note: If you are wearing the Activity Tracker on your left hand the USB symbol should be towards your body and you should be able to see the 'on' button when your left arm is resting by your side.

Note: If you choose to wear your Activity Tracker on the right hand, the side with the USB symbol should be towards your body and you shouldn't be able to see the "on" button when your right arm is resting by your side.

## ♥ Starting your Activity Measurement

1. All you have to do is start walking! Once you have covered 10 steps, the display will start to count your steps continuously until you stop.



2. The data will be automatically transmitted to the App on your chosen device every 100 steps, when the device is nearby.



3. If you want to transmit the data later, for example to a tablet or laptop, you can press the Activity Tracker button to sync with the device when the device is nearby. Your Activity Tracker can store up to seven days data for transmission.

## ♥ Viewing the Activity Data on your Device

1. When the screen is off, press the button and it will display your latest reading for the day.
2. The first reading given will be the calories which you will recognise by this symbol.

5.2 

3. Press the button again and you will see the distance you have walked.

0.36 

3. Press the button again and you will see the steps you have walked.

541 

4. Press the button once more and the time will be displayed.

17:00

5. The screen will turn off after several seconds of no activity to preserve the battery life.
6. If a battery symbol appears when you first press the button, this means that you need to re-charge your Activity Tracker



### CAUTION

Note: The data will automatically re-set to zero at every midnight. You cannot clear the data manually.

## ♥ Starting your Sleep Measurement

1. To enter sleep mode, press and hold the button on the side of the Activity Tracker. You will feel a vibration and a moon icon will flash on the display to let you know that the sleep mode has started.

541   541 

2. When you wake up, exit sleep mode by pressing and holding the button again. You will feel it vibrate and the moon icon will disappear to let you know that sleep mode has ended.

541   541 

## ♥ Viewing the Sleep Data

1. To review your sleep data you will need to log in to the Kinetik App.

## ♥ Setting and Using the Alarm

1. To set the alarm clock you will need to log into the App on your device.
2. When you have set the time, you will need to press the button on the Activity Tracker to confirm.
3. The alarm will wake you with a gentle vibration that increases up to a maximum of 5 minutes. After this the alarm will shut itself off to save battery life.
4. To stop the alarm manually, press the button on the side of the Activity Tracker.

### 

Your Kinetik App will give you any extra instructions for using the Activity Tracker that are not included in this leaflet.

### ♥ Getting Active

- Keeping active is a great way to stay in shape but also has many other benefits such as reducing the risk of heart attacks, stroke, diabetes and cancers. It also helps to improve your mental health and sense of wellbeing.
- Walking is classed as a moderate-intensity activity and will count towards the suggested goal of 150 minutes of weekly exercise.
- The recommended target is 10,000 steps per day. Don't worry if you are not there yet – set yourself targets and see how you improve. Your App will help you to track this.
- For more information we suggest you look at the NHS website which has lots of great information and advice - [www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx](http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx)

### ♥ Sleep

- Sleeping well will have a positive impact on your health as well as your outlook on life. Regular, good quality sleep will reduce the risk of obesity, heart disease and diabetes as well as help you to live longer.
- There are many reasons why we may not be sleeping – stress, computer screens, underlying medical conditions - but it is important to get at least eight hours of unbroken sleep per night. Some people might need more and some might need less than this but it is important that you find what is right for you and try to achieve it.
- Your app will help you to track your sleep patterns and you will know which mornings you wake feeling refreshed and which you struggle to wake up.
- For more advice on how to sleep well we recommend the NHS - go to [www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx](http://www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx)
- If you are experiencing severe sleep problems or are concerned we recommend you visit your Doctor.

♥ Troubleshooting

Problem	Root Cause	Solution
Fail!	Failure of pairing up	Please check below items: -Bluetooth is ON. -Both devices are within the transmission distance of Bluetooth.
No display on OLED when the device powers on.	Battery is drained or very low.	Charge power in time.
	The device didn't logout the shipping mode for the first measurement.	Long press button for 5 seconds, the device will recover to the normal mode.
The device powers off.	Low battery.	Please charge power in time.
Data transmission failed.	Bluetooth is OFF.	Turn ON Bluetooth.
	The App is OFF.	Press the icon to turn ON your app.
	Out of range of Bluetooth transmission.	Place your device which supports the Bluetooth 4.0 technology closer to the Activity Tracker.

♥ Specifications

<b>Product Name</b>	Bluetooth Activity Tracker (AT100)
<b>Dimension</b>	Whole size: 195 mm x 20 mm x 10 mm (Approx.)
<b>Weight</b>	Approx. 19 g
<b>Display</b>	Blue OLED V.A.:22.4mm x 5.6mm
<b>Steps</b>	0-120000 steps, division 1 step
<b>Calories</b>	0-12000.0 kcal, division 0.1 kcal
<b>Distance</b>	65.36km
<b>Accuracy of Steps</b>	500±20 steps
<b>Exercise Time</b>	0-23 hours and 59 minutes, division 1 minute
<b>Battery Grade</b>	1-7 grade, division 1 grade
<b>Battery Life</b>	≥7 days when fully charged and doing sports for 8 hours per day
<b>Power Source</b>	3.7V / 70mAh polymer lithium battery, Input:5V= 60mA
<b>Working Environment</b>	Temperature: 0℃ to 40℃    Relative Humidity: ≤90% RH Atmospheric Pressure: 80 kPa ~ 106 kPa
<b>Storage Environment</b>	Temperature: -20℃ to 60℃    Relative Humidity: ≤90% RH Atmospheric Pressure: 50 kPa ~ 106 kPa
<b>Accessories</b>	1. One Wrist Band 2. User Manual

About the Accuracy of This Product

This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.

**WARNING: No modification of this equipment is allowed.**



## ♥ Warning

While your pedometer is designed to be worn 24/7, its components are electronic and susceptible to damage if used improperly. Please read the safety guidelines on the following pages to ensure proper use and care.

## ♥ Activity Tracker Care

- Do not expose your Activity Tracker to liquid, moisture, humidity, or rain while charging. Exposure of the Activity Tracker to moisture while charging could result in electric shock.
- Do not tamper with or abuse the Activity Tracker. For example, without limitation, do not drop, disassemble, open, crush, excessively bend, deform, puncture, shred, microwave, incinerate, paint, or insert foreign objects into the Activity Tracker.
- Do not use abrasive cleaners to clean your Activity Tracker.
- Do not expose your Activity Tracker to extremely high or low temperatures.
- Do not leave your Activity Tracker near open flames such as cookers, candles, or fireplaces.
- Do not bring your Activity Tracker into contact with any sharp objects. This could cause scratches and damage.
- Do not insert anything into your Activity Tracker unless otherwise specified in the user instructions. This may damage the internal components.
- Do not attempt to repair, modify, or disassemble your Activity Tracker; it does not contain any user-serviceable components.

## ♥ Cleaning and Maintenance

- To clean, always use a soft, dry cloth. For any stubborn marks or dirt, a slightly damp, but not wet, cloth can be used. Make sure to dry thoroughly afterwards.
- Do not immerse the Activity Tracker in water or expose any of the parts to chemicals or cleaners.
- To look after your battery and prolong its life, we recommend that you charge it fully each time and allow the battery to discharge completely occasionally.

## ♥ Built-in Battery Care

- Do not clean the Activity Tracker when it is being charged. Always unplug the charger first before cleaning the Activity Tracker.
- Do not dispose of your Activity Tracker in a fire. The battery could explode causing injury or death.
- Do not attempt to replace your Activity Tracker's battery. It is built-in and not changeable.
- Only charge the battery in accordance with the user instructions supplied with the Activity Tracker.
- Avoid charging your Activity Tracker in extremely high or low temperatures.
- Do not wear your Activity Tracker while you are charging it.
- Do not attempt to disassemble the Activity Tracker or force open the built-in battery.

## ♥ Health Disclaimer

**WARNING: THIS ACTIVITY TRACKER IS NOT A MEDICAL DEVICE.** The Activity Tracker and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep or nutrition.

## ♥ Other Notes

- Dispose of the Activity Tracker, the Activity Tracker's battery in accordance with local regulations.
- Do not dispose of the battery with regular household waste.
- Recycle your package in accordance with local regulations.

## ♥ Guarantee

- This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no serviceable parts inside this device. Any attempted repair by unauthorised persons invalidates the warranty. In the unlikely event that you experience a problem, please return it to the retailer where you made the purchase, along with your receipt. This does not affect your statutory rights.