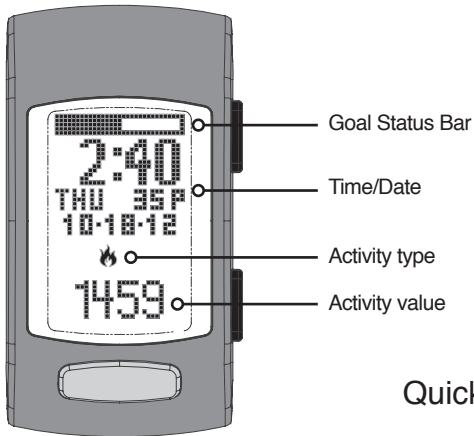


LifeTrak™



Quick Start Guide

Model: Core C210

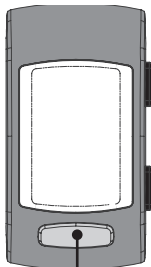
Welcome to LifeTrak. Let's take a quick tour of the basic features.

To turn on your activity tracker, press and hold any button.

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BUTTON LAYOUT



MODE

Press to change modes:

Time ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

LIGHT

Press together for light

Can use **MODE + VIEW** or
double-click **VIEW**

If dark, pressing **VIEW** will also activate light

START/STOP

Press to start and stop in *Workout*

VIEW



Press to view: distance ▶ calories ▶ steps ▶ sleep



Press & hold to read your heart rate ♥

NOTE:
*The buttons are not
intended for use
under water*

GOAL SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **GOAL**



INSIDE SETTING MODE



● Increase value

● Decrease value

● Press: go to next setting
● Press & hold: exit setting mode

②

TIME SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **TIME**

- seconds
- ▼
- minute
- ▼
- hour
- ▼
- year
- ▼
- month
- ▼
- day
- ▼
- month-day format
- ▼
- 12/24 hr format

INSIDE SETTING MODE



● Edit/increase value

● Edit/decrease value

Press: go to next setting
Press & hold: exit setting mode

③

ADVANCED SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **ADV**

gender
▼
birthday (year)
▼
birthday (month)
▼
birthday (day)
▼
unit format
▼
weight
▼
height

INSIDE SETTING MODE



● Edit/increase value

● Edit/decrease value

● Press: go to next setting
● Press & hold: exit setting mode

4

SLEEP TRACKER

Monitors the duration and quality of sleep based on motion and arm posture.

The sleep tracker has two operating settings: Auto and Manual.

Auto (default): Sleep tracking is always enabled.

Manual: Sleep tracking is enabled by double-clicking **START/STOP** while in *Time*.

*NOTE: If you intend to remove your activity tracker when you wake up, we recommend you manually stop the sleep tracker by double-clicking **START/STOP** while in *Time*.*

SLEEP TRACKER

When sleep tracking is enabled, the device will automatically detect the beginning and end of your sleep session.

Double-clicking **START/STOP** while in *Time* marks the time you go to bed. It also activates the sleep tracker if in Manual sleep tracking mode.



Sleep tracker indicator

START/STOP

Double-click to mark the start of intent to go to sleep OR to start the sleep tracker when in Manual mode (must be in *Time*)

SLEEP TRACKER

Setting the sleep tracker operation to Auto or Manual.



①
In *Time*,
hold
MODE
for 3
sec



②
Select
SLEEP

INSIDE SETTING MODE



— Edit setting

— Press: select setting

SLEEP TRACKER

Sleep data collection

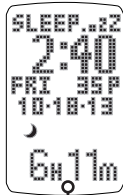
Our advanced sleep tracker is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

Total sleep time is accumulated during all sleep sessions that *end* on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to *yesterday's* total sleep time.

***NOTE:** The total sleep time will update after a brief period once you wake up.*

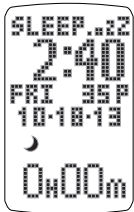
***NOTE:** Minimum sleep time for recorded data is 45 minutes.*



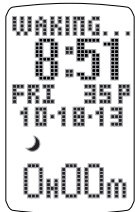
Total sleep time

SLEEP TRACKER

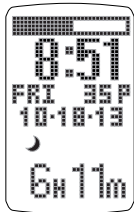
Sleep tracking sequence



Sleep tracker is on.



Waking screen appears when movement is sensed and the tracker is determining if you are awake.



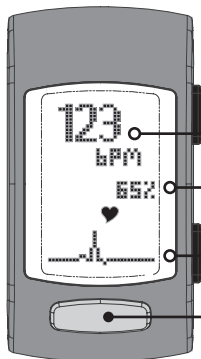
Sleep tracker is off. You are now awake and total sleep time is updated.

***NOTE:** While in the Waking screen, if you fall back asleep the sleep tracker will continue and the "Sleep ..zZ" message will reappear at the top. Total sleep time will not update.*

HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calories more accurately**.

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.



Heart Rate (beats per minute)

% of Maximum Heart Rate

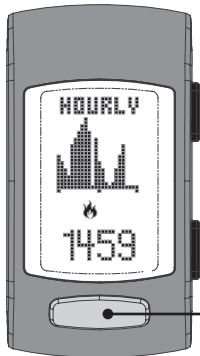
Pulse Indicator

VIEW

Press & hold to read your heart rate

HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.



From *Time*,
press **MODE** until you reach
Hourly Display

VIEW

Press to view:

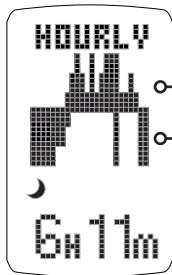
distance, calories, steps, sleep

HOURLY DISPLAY

The hourly actigraphy view provides a summary of your sleep and activity levels.

Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.

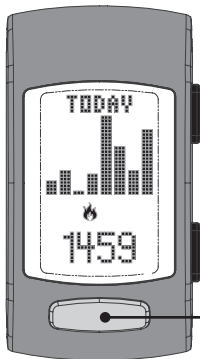


○ — Active graph

○ — Sleep graph

WEEKLY DISPLAY

Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.



From *Time*,
press **MODE** until you reach *Weekly Display* ("Today" will be shown)

START/STOP

Press to browse through the past 7 days

VIEW

Press to view:

distance, calories, steps, sleep

WORKOUT MODE

Records data from an individual workout.



From *Time*,
press **MODE** until you reach *Workout*

START/STOP

Press to start/stop recording your workout

Hold to reset data (*Workout* mode must be stopped)

VIEW

Press to view:

distance, calories, steps