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.

Learn more

For full instructions, helpful tips and product information, see the LifeTrak User Guide at www.lifetrakusa.com/user-guides.

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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

NOTE:
The buttons are not intended for use under water

Press to view: distance 🗺️ calories 🔥 steps 👟 sleep 🌚
Press & hold to read your heart rate ❤️
GOAL SETUP

1. In *Time*, hold MODE for 3 sec

2. Select GOAL

   - steps
   - distance
   - calories
   - sleep

INSIDE SETTING MODE

Increase value

Decrease value

Press: go to next setting
Press & hold: exit setting mode
In **Time**, hold **MODE** for 3 sec

**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
In *Time*, hold MODE for 3 sec

1. In *Time*, hold MODE for 3 sec

2. Select ADV

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

Edit/increase value
Edit/decrease value
Press: go to next setting
Press & hold: exit setting mode
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**.
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.
Setting the sleep tracker operation to Auto or Manual.

1. In *Time*, hold *MODE* for 3 sec

2. Select *SLEEP*

Modify setting

Press: select setting
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.
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.
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 |
|------------------------------|-------------------------|-----------------
| 123 BPM                      | 65%                     |                 |

**VIEW**
Press & hold to read your heart rate
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
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.
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
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