# LifeTrak™
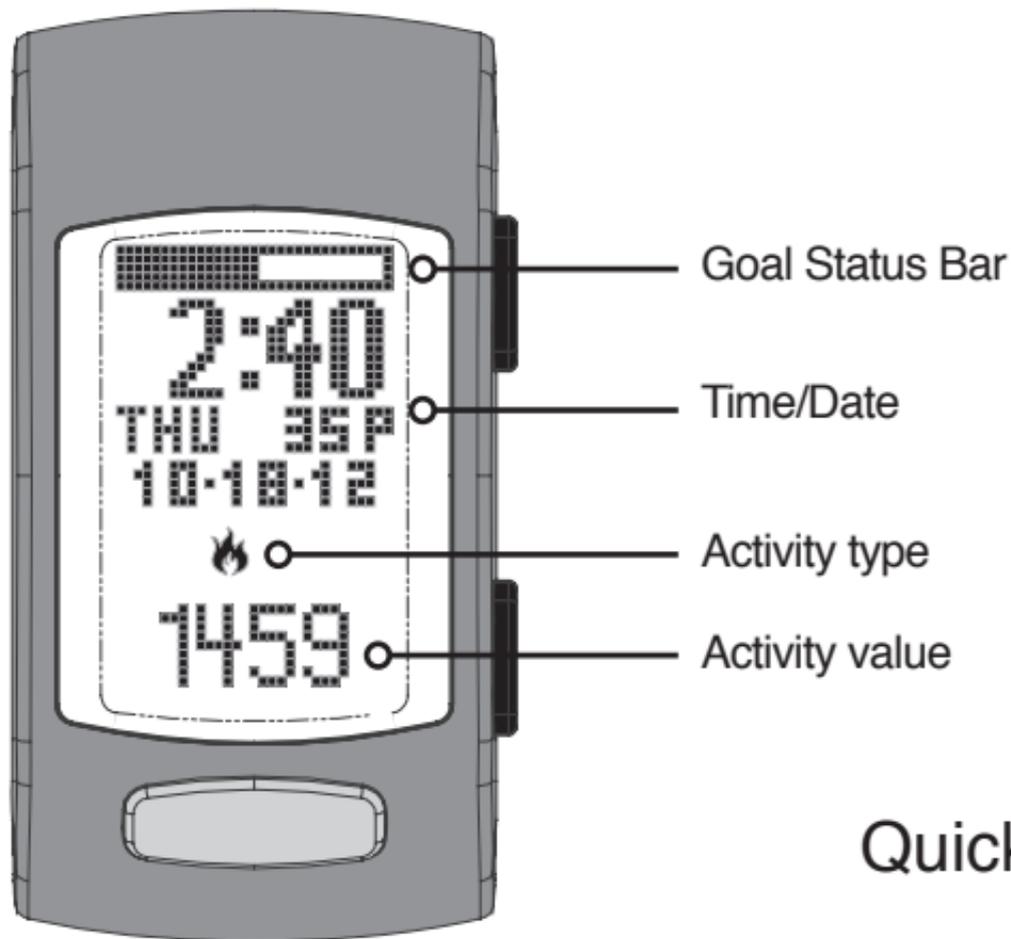
Goal Status Bar

Time/Date

Activity type

Activity value

## 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**.

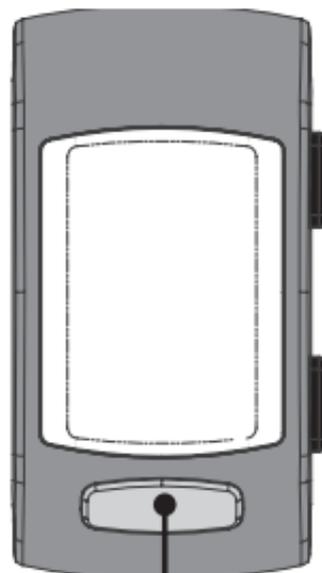Email: support@LifeTrakUSA.com        Phone: 1-855-903-9030

Website: www.LifeTrakUSA.com          Mail:  LifeTrak
                                             39962 Cedar Blvd, Ste 285
                                             Newark, CA 94560

**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

❶

## GOAL SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **GOAL**

2:40
THU 35°F
10·18·12
1459

SETTING
GOALS
TIME
ADV
SLEEP
SELECT

steps
▼
distance
▼
calories
▼
sleep

## INSIDE SETTING MODE

❷

Increase value

Decrease value

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

**TIME SETUP**

① In *Time*, hold **MODE** for 3 sec

2:40
THU 35 F
10-18-12
1459

② Select **TIME**

SETTING◆
=GOALS=
=TIME=
=ADV=
=SLEEP=
SELECT

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

❸

## ADVANCED SETUP



① In *Time*, hold **MODE** for 3 sec

② Select **ADV**

SETTING
–GOALS
–TIME
–ADV
–SLEEP

SELECT

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

❹

**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*)

❻

## SLEEP TRACKER

Setting the sleep tracker operation to Auto or Manual.

① In *Time*, hold **MODE** for 3 sec

```
2:40
THU 35P
10-18-12
🔥
1459
```

② Select **SLEEP**

```
SETTING▲
-GOALS
-TIME
-ADV
-SLEEP
▼
SELECT
```

## INSIDE SETTING MODE

Edit setting

Press: select setting

❼

**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.

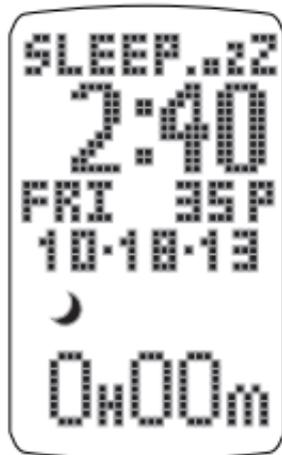*NOTE: The total sleep time will update after a brief period once you wake up.*

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

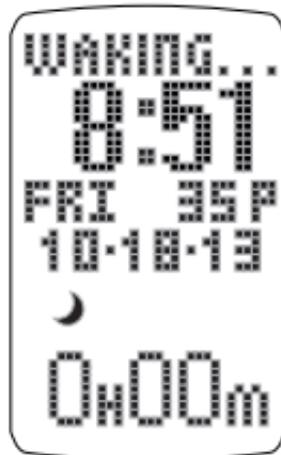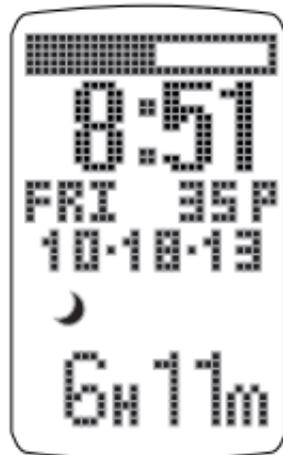Total sleep time

8
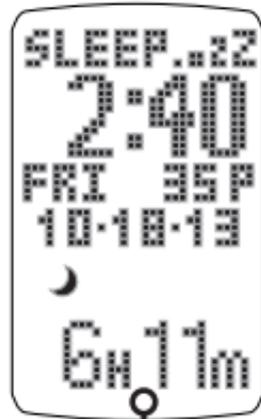
**SLEEP TRACKER**

**Sleep tracking sequence**



SLEEP..zZ
2:40
FRI 35P
10-18-13
☽
0ʜ00ᴍ

Sleep tracker is on.

Waking...
8:51
FRI 35P
10-18-13
☽
0ʜ00ᴍ

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

8:51
FRI 35P
10-18-13
☽
6ʜ11ᴍ

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

<u>NOTE</u>: *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.
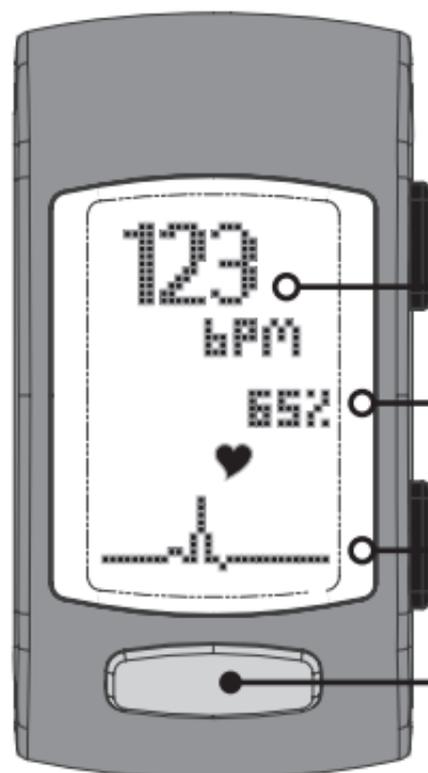
Heart Rate (beats per minute)

% of Maximum Heart Rate

Pulse Indicator

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

⑩

**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.

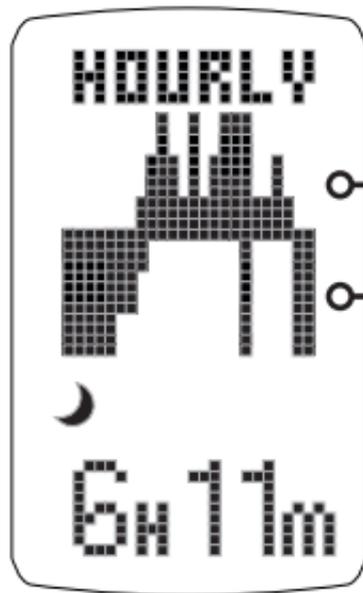From *Time*, press **MODE** until you reach *Hourly Display*

**VIEW**
Press to view:

distance, calories, steps, sleep

⓫

**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

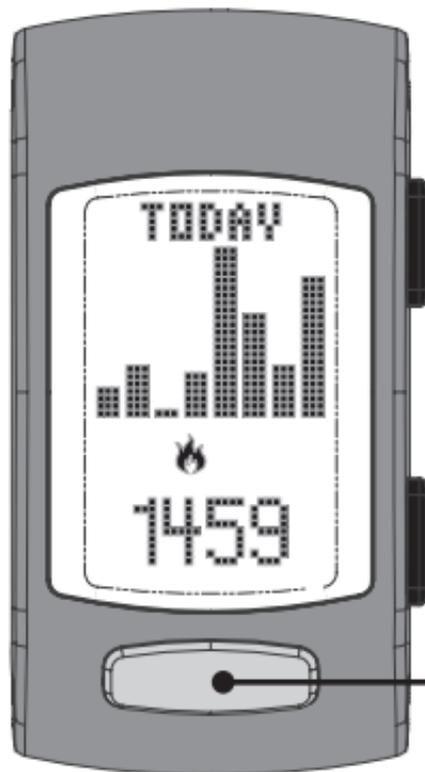**Sleep**: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.



Active graph

Sleep graph

⑫

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

⑭