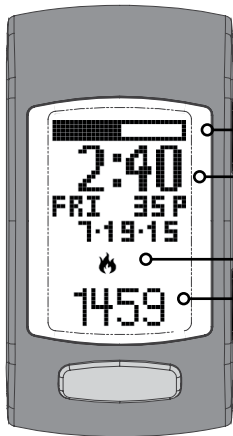


LifeTrak[®]

Quick Start Guide Core C200



Goal Progress Bar

Time / Date

Activity Value

Activity Type



distance



calories



steps

*Watch/screen
images may
vary from
actual model*

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

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

NOTE: Actual model / screen images may vary from images shown.

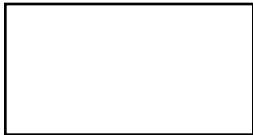


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BUTTON LAYOUT



MODE

Press to change modes:

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


START/STOP

Press to start and stop
in *Workout mode*

VIEW

Press to view:

 ▶  ▶ 
distance ▶ calories ▶ steps

Press & hold to read your heart rate 

NOTE:

The buttons are **NOT** intended for use under water. If used, water could leak in and cause damage.

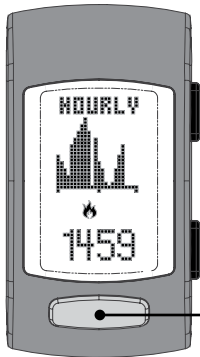
BACKLIGHT

1

To activate the backlight, press BOTH **MODE & VIEW** simultaneously.

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. The bars represent three categories: Normal, Active and Very Active



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

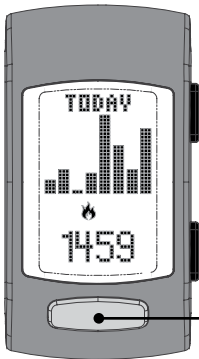
VIEW

Press to view:

distance, calories, steps

WEEKLY DISPLAY

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



From Time Mode,
Press **MODE** until you reach
Weekly Display ("Today")

START / STOP

Press to browse through
the past 7 days

VIEW

Press to view:
distance, calories, steps

WORKOUT MODE

Record data during your workout (i.e. morning walk, hike, jog at park, etc) for up to 10 hours.



From Time Mode,
Press **MODE** until you reach
Workout Mode

START / STOP

Press to start/stop recording your workout

Hold to reset data (Workout mode must be
stopped)

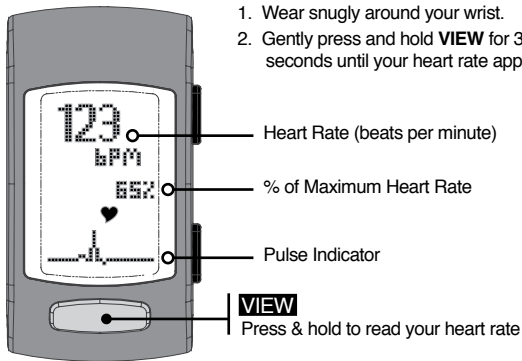
VIEW

Press to view:
distance, calories, steps

HEART RATE

Taking your heart rate can aid you in staying in your workout zone and help calculate your **calories more precisely**.

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



GOAL SETUP



①
In Time, hold
MODE
for
3 sec



②
Select
GOAL

steps
▼
distance
▼
calories

INSIDE SETTING MODE



● 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
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

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ADVANCED SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **ADV**

- gender ▼
- birthday (year) ▼
- birthday (month) ▼
- birthday (day) ▼
- unit format ▼
- weight ▼
- height ▼
- step sensitivity level

INSIDE SETTING MODE



● Edit/increase value

● Edit/decrease value

| Press: go to next setting

| Press & hold: exit setting mode

HELPFUL HINTS ABOUT TOUCH HEART RATE

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your LifeTrak fitness tracker is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting on for the first time, allow a one-minute “warm up” before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.
5. Make sure the back metal plate is lying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten the surface between the back metal plate and the skin on your wrist with water.

HELPFUL HINTS ABOUT ALL-DAY CALORIE TRACKING

- Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie Tracker accounts for these calories burned.
- You will see calories burned even when you're not wearing your LifeTrak. This is normal as it is estimating the calories your body typically burns throughout the day.
- You get more accurate calorie burn information by calculating in your heart rate readings, so remember to take your heart rate throughout the day and more frequently during your exercise.

HELPFUL TIPS ABOUT STEP SENSITIVITY LEVEL

Information about Step Sensitivity Level (Advanced Settings)

The watch is currently set to MEDIUM, which works for most stride lengths. Unless your step count is not correctly calculating, we suggest that you leave the STEP SENSITIVITY LEVEL as the MEDIUM option.

Low: For those with low impact movements (e.g., person who treads lightly on their feet).

Medium: Optimal setting for most people and conditions. This is the recommended setting.

High: For those with high impact movements (e.g., person who treads heavily on their feet).

FCC STATEMENT

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.

WARNINGS & CAUTIONS

THIS IS NOT A MEDICAL DEVICE.

WARNING: Before starting any exercise program, please visit your doctor for a complete physical and to discuss your exercise plans.

PLEASE READ all of the information in this instruction manual before using the unit. Make sure you fully understand the functions and limitations of this product before using it.

NOTICE TO PEOPLE WEARING PACEMAKERS: While the heart rate monitor is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

NEVER expose the heart rate monitor to chemicals or cleaning solvents. Exposure to insect repellent and sunscreen may also damage the unit.

NOTICE: While the heart rate monitor (watch) is 30M water resistant, **IT IS NOT WATERPROOF**. Do **NOT** press buttons under water - this will cause damage.