


# Front printing

size: 300x100MM

### Wireless Wrist Band operation guidance




Charging port

Available on the Google play


Available on the App Store

### IMPORTANT: Charge your Activity Tracker completely prior to set up

Remove the fitness band from the package, locate the charging port on the back side of the fitness band. Use the supplied charging cable and clip to the back side of the fitness band and the USB end into a computer or wall charger. Once connected properly, your device will display "Charging."



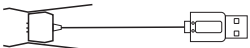
After a full charge, disconnect the charging cable; the fitness band will return to the time display



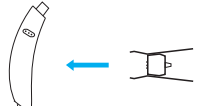
Charge the device fully for 2 hours before use.

### How to set up your Activity Tracker:

Install the SMARTFIT-WRISTBAND APP to your smart phone/tablet from your designated APP store



USB Charging Cable




Clip charging cable into port

### Connect the Activity Tracker to the SMARTFIT-WRISTBAND APP

- Turn your devices Bluetooth setting to "On"
- Tap the SMARTFIT icon on your device

SmartFitApp will look like this:



- Tap the menu icon, then go to connection settings
- Slide the "Auto Upload" to "On", the APP will automatically search for your device


Auto Upload

Searching Device...

Connected

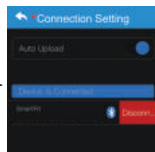
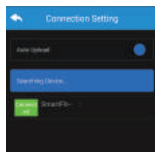
### Connecting Con't:

- Click/Slide "Connect" when "Smartfit" appears on your device screen (**Note:** Android users slide right, iPhone users click).
- Double tap on the Activity Tracker screen to ensure it is powered on and ready to connect.
- After clicking "Connect" the band will display a 10 second countdown.
- When the countdown begins, tap the center of the screen one time on the Activity Tracker in order to pair.
- SYNC will appear on the Activity Tracker screen once paired successfully



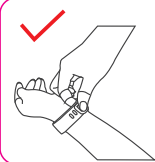
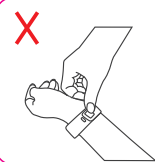

**\*\*If one tap on the Activity Tracker screen does not pair with the Activity Tracker, try the pairing process again. When the countdown begins, tap the Activity Tracker screen twice in rapid succession.\*\***

The APP will display "Disconnected" once successfully paired




Connected!

### 1. Wear the wrist band as below:




### 2. Charging the band

Remove the fitness band from the package, locate the charging port on the back side of the fitness band. Use the supplied charging cable and clip to the back side of the fitness band and the USB end into a computer or wall charger. Once connected properly, your device will display "Charging."



Charge the device fully for 2 hours before use.


After a full charge, disconnect the charging cable; the fitness band will return to the time display



### 3. Screen display functions & features:

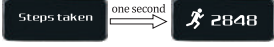
To activate/power on the screen, tap the Activity Tracker screen twice in rapid succession to display the time.

Time / Battery Display

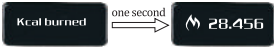


Tap the Activity Tracker screen one time to switch between the following modes:

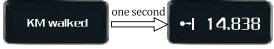
"Steps taken" display



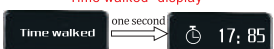
"Calories burned" display



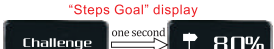
"Distance walked" display



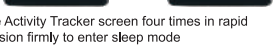
"Time walked" display



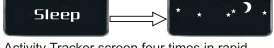
"Steps Goal" display



Tap the Activity Tracker screen four times in rapid succession firmly to enter sleep mode




Tap the Activity Tracker screen four times in rapid succession firmly to exit sleep mode




### Downloading the APP to your smart phone/tablet:

- The APP can be found in both the APP Store and Google Play Store. (\* If you are using an iPod or iPad, you will find the app under **iPhone APPs**)
- Search "SmartFit-Wristband" in the APP store on your smart phone/tablet, and download it.
- After downloading and Installing the APP locate the SmartFit icon on your device and launch.

SmartFitApp will look like this:




This is what you will see:



### Connection Settings continued:

- Once your device is successfully paired with the fitness band, the APP will display a flashing red LED light on the top left hand corner
- The fitness band will also display the bluetooth logo on the LCD screen.


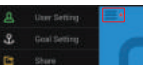


# Back printing

size: 300x100MM

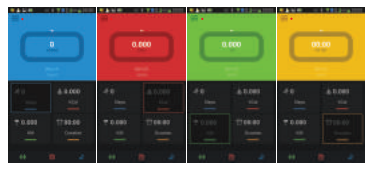
### Personal Settings:

- The fitness band must be paired to the APP in order to save personal settings.
- Tap on user settings
- Input your name
- Input your gender (Male/Female)
- For units: USA choose "Imperial" Canada choose "Metric" Europe choose "Metric"
- Enter your height
- Enter your weight
- Enter your step length
- Once complete you must click save on the top right hand corner, in order for the APP to remember your settings



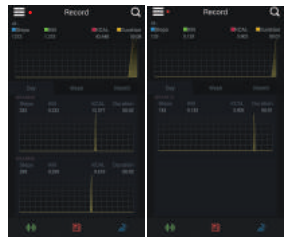
### Learning the APP:

- The 4 main features include:
  - Steps Taken
  - Calories Burned
  - Distance Walked
  - Time Walked
- All 4 features will be displayed on the main page. Simply tap to switch between each feature.




### Activity Records:

- Press "RECORD" to enter the activity record menu.
- This menu will show you all activities on a daily weekly, or monthly basis. Simply choose "Day", "Week" or "Month" to track your progress.





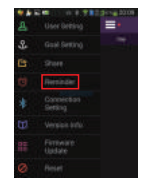
### Sleep Record:

- Press "SLEEP" to enter the Sleep Record menu.
- This menu will show you all your sleep activity on a daily, weekly, or monthly basis. Simply choose "Day", "Week" or "Month" to track your sleep patterns.



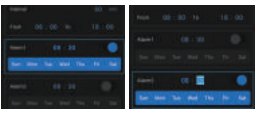
### Reminders& Alarms:

- Tap Reminders in the menu.
- Turn the Sedentary Reminder on to let you know that you have been inactive or not moving for some time.
- Turn the Drinking Reminder to let you know when it's time to drink water
- The SmartFit Wristband will vibrate for 3 seconds during reminders. Tap the Activity Tracker screen one time to stop the reminder



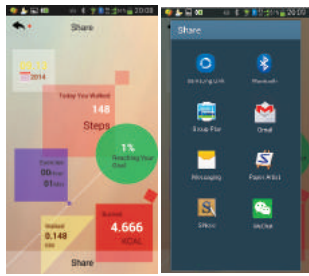
### Alarms:

- The APP is equipped with 2 alarm settings:
  - Alarm 1
  - Alarm 2
- Toggle the alarm to the on position, choose your time and day. **Please note: the APP only works in military hours, but the fitness band will show the time displayed in 12 hour format.**



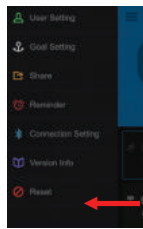
### Share Your Progress With Friends:

- From the main menu click "Share"
- Once you are on the share screen, tap "Share" on the bottom center, and swipe left to right to choose the social media outlet of your choice and share your progress with your friends.



### Resetting the fitness band

- Tap on the menu icon " " then go to "Reset".
- Click "Yes" to reset all data (Please note: all records and logs will be cleared)


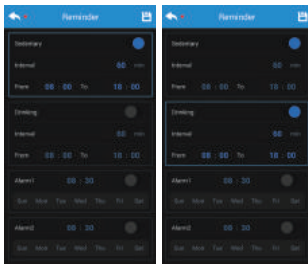


Press "RESET"

### Warranty Information

Limited 1 year manufacturers warranty, should you have a problem with the fitness band, please contact customer support at info@gabbagoods.com

- Reminders and alarms can only be set in 30 minute intervals (30, 60, 90, 120, and so on).



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