Front printing

**Important:** Change 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.

**Connect the Activity Tracker to the SMARTFIT/WRISTBAND APP:**

- Turn your device Bluetooth setting to “On”
- Tap the SMARTFIT icon on your device
- SmartFit App will look like this.
- Tap the menu icon, then go to connection settings.
- Make sure the “Auto Unlock” is “On”, the APP will automatically search for your device.

**Connecting Com:**
- Check if “Connect” when “SmartFit” appears on your device screen. (Note: Android users click right, iOS users click left).
- 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, 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.**

**Back printing**

**Personal Settings:**

- The fitness band must be paired to the APP in order to save personal settings.
- Tap on user settings.
- Input your gender (Male/Female)
- For units, USA choose “Inches”, Canada choose “Centimeters”
- Enter your height
- Enter your weight
- Enter your step length
- Once complete you must slide down on the top right hand corner, it will return to your settings.

**Learning the APP:**

- The 4 main features include:
  - **Steps**
  - 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:**

- “Steps taken”
- “Calories burned”
- “Distance walked”
- “Time walked”

**Sleep Record:**

- “Sleep”
- “Calories burned”
- “Distance walked”
- “Time walked”

**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.

**Resetting the fitness band:**

- On the menu icon “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.

**Warranty Information:**

Limited 1 year manufacturer warranty. Should you have a problem with the fitness band, please contact customer support at info@galagoods.com

**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 LED screen.