

itek Activate™ Activity Tracker



INSTRUCTION MANUAL
PLEASE READ ALL INSTRUCTIONS CAREFULLY AND RETAIN FOR FUTURE USE

Getting Started

- Remove the device from the box.
- Remove any packaging from the product.
- Please retain all packaging until you have checked and counted all the parts and the contents against the parts list.

Package Contents

- Bluetooth Wireless Activity Tracker
- Wrist Band
- Universal Clip-On attachment
- USB rechargeable cable
- Instruction Manual

Key Features

- Bluetooth® BLE 4.0
- Digitally Track steps, calories burned, sleep quality, activity time & more
- Sync Wirelessly via Bluetooth® to your phone or tablet
- Track steps, calories burned, distance travelled and activity time
- Shows time and date
- View your data on screen to monitor your progress & set goals
- App supported by iOS and Play Store
- Share & Compete with Facebook friends

SAFETY INSTRUCTIONS

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- Keep the unit away from heat sources, direct sunlight, humidity, water and any other liquids.
- Do not operate the unit if it has been exposed to water, moisture or any other liquids to prevent against electric shock, explosion and/or injury to yourself and damage to the unit.
- Do not use the unit if it has been dropped or damaged in any way.
- Repairs to electrical equipment should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.
- Do not use the unit with wet hands.
- Do not put objects into any of the openings.
- Keep the unit free from dust, lint etc.
- Do not use this unit for anything other than its intended use.
- Keep the unit out of reach of children.
- This appliance is not a toy.
- Do not use the handset at excessive levels as damage to hearing may occur.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat place, such as sunshine, fire or the like.

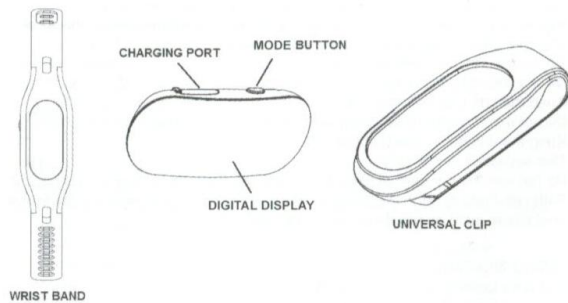
Getting Started

What is included

Your itek Activate™ Activity Tracker includes:
Fitness Tracker Device
Wrist band
Clip-on attachment
Micro USB Charging Cable

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Description of Parts

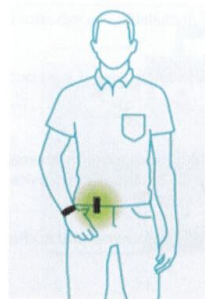


WRIST BAND

UNIVERSAL CLIP

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How to wear activity tracker?



Use the wristband to wear on your wrist.
Use the clip-attachment, to wear on your different parts of your attire.

Note: Activate™ Activity Tracker is water resistant, but not waterproof. Do not submerge in water.

Charging the device

The battery icon on the screen display indicates the battery life. When you notice battery power is low, you need to charge your device. It takes about 2-3 hours to fully recharge the device.

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Once fully charged, the battery should last for 5 to 7 days. Actual battery life varies based on individual handling.

To charge the device, plug the Activate™ Activity Tracker into USB source (like computer USB etc) using the USB Charging Cord (Included). The indicator will show the charge level.

Note: Even if the Tracker is not in use, please charge the battery at least once a month to prolong battery life

Step 1 – Activating the device

To save battery life, your itek Activate™ Activity Tracker arrives to you in hibernation mode. Press and hold the ON / OFF / STAND BY Key to activate the device. A progress bar will run from empty to full, indicating activation as below.

Note: Your device may not arrive fully charged. You're recommended to charge your device fully before its first use.



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Step 2 – Install APP on your Smartphone / Tablet



For Smartphone & Tablet users – For iOS & Android users–search for ACTIVATE TRACKER APP. Please note that we have an earlier version named just itek, please download the latest version which is ACTIVATE TRACKER

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Step 3 – Pairing & Setting up personal information

Mobile device requirements

You can setup and sync your Activate™ Activity Tracker using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices (OS 7.0 and above) –

iPhone 4S
iPhone 5, 5s, 5C
iPod Touch (5th Generation)
iPad 3, iPad 4, iPad Air
iPad Mini

Supported Android Devices (OS 4.3 and above) –

Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active
Samsung Galaxy Note II, III, 10.1
Nexus 4 and 5
Nexus 7 (2013)

Note: Please ensure that your Android OS is version 4.3 or above and iOS Version is 7.0 or above and the device has Bluetooth 4.0

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Device Setup using mobile device – iOS & Android



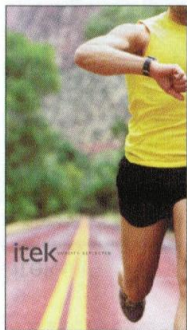
Unlike most Bluetooth accessories like headsets or speakers, your itek must be paired directly through the ACTIVATE TRACKER APP, and not through the "settings" icon on your mobile device.

Activate™ Activity Tracker is always on Bluetooth pairing mode, by default.

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For First time pairing and setting up your device, follow below steps –

Step 1: Open the App and you would see the welcome screen



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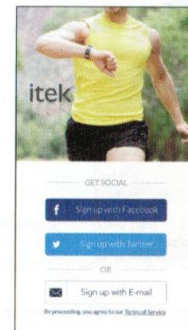
Step 2: Activate your tracker/band. If you are setting up 1st time, please press SETUP YOUR BAND



Step 3: Your device would now turn OFF. This is normal. Press and hold the button on the side of the device for 5-6 seconds till you see welcome screen. Once done, please press PROCEED on the Mobile APP.

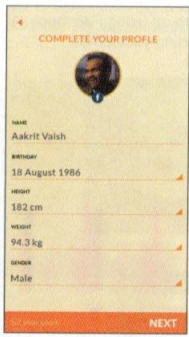


Step 4: Sign up using Facebook or Twitter or using your Email

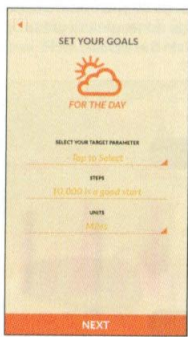


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Step 5: Key-in your personal information



Step 6: Set your Goals and Launch the App



You have now successfully signed up and launched your mobile APP.

Tracking activity with itek Activate™

- Your device tracks –
- Steps Taken
- Calories Burned
- Distance travelled
- Activity Time
- Hours slept & quality of sleep

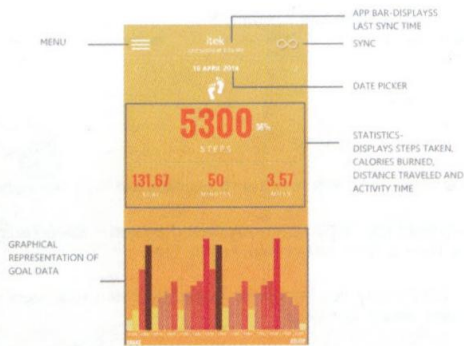
Your APP has 2 Screen's – Day Hemisphere and Night Hemisphere.

Day Hemisphere displays activity based scores – Steps Taken, Calories Burned, Distance travelled, Activity Time.

Night Hemisphere displays sleep based scores – Total hours of sleep, deep sleep, asleep, light sleep

Day Hemisphere

Once you've completed the set-up, you land on the Day Hemisphere screen. You get to see your activity data – Steps taken, calories burned, distance travelled, activity time and the graphical representation of your goal.



1. MENU – Tap here and you would get a pull-down menu to access Live-Tracking, Facebook Challenge, Settings etc.
2. APP BAR – Displays last Sync time.
3. SYNC – Tap on "Sync" and this would sync all the data from your activity tracker to mobile device
4. DATE PICKER – By default, it is set to current date. Tapping the date opens up the date picker from where you may pick a historic date to view the statistics on that day.

5. STATISTICS – Displays steps taken, calories burned, distance travelled and activity time.
6. GRAPH – Displays graphical representation of the goal data

Night Hemisphere

When you are on Day Hemisphere, swiping from right to left would bring-in the Night-Hemisphere. Here you get to see sleep data – Total hours of sleep, deep sleep, asleep, light sleep and the graphical representation of your sleep data.



1. BACK – Tap here and you would get back to Day-Hemisphere
2. APP BAR – Displays last Sync time.
3. SYNC – Tap on "Sync" and this would sync all the data from your activity tracker to mobile device
4. DATE PICKER – By default, it is set to current date. Tapping the date opens up the date picker from where you may pick a historic date to view the statistics on that day.
5. STATISTICS – Displays Deep Sleep, Asleep and Light-Sleep time.
6. GRAPH – Displays graphical representation of the sleep data

LIVE TRACKING

Turn ON the Live Tracking and you would now be able to live-track your activity. Once you turn ON the Live-Tracking and go to Day-Hemisphere, you would be able track your activity in real time.

Note: To see real-time activity score, you would have to continue with your activity until you start seeing the real-time scores.

Menu



FACEBOOK CHALLENGE

Here, you would be able to challenge your Facebook friend. Tap here and continue the below listed steps –

Step 1: Connect Facebook



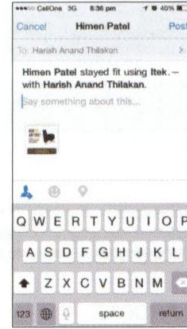
Step 2: Type any message



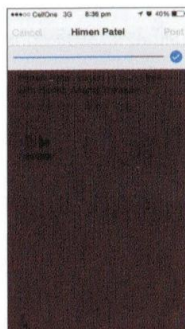
Step 3: Select any of your Facebook friend



Step 4: Tag your friends to challenge them by mentioning them in your challenge.



Challenge Posted Successfully!



SETTINGS –

Enter this screen if you wish to change your Goal settings. Select your new goal and enter new goal value, save settings. Your new daily-goal would be saved.

MANAGE PROFILE –

This screen shows your total activity score. If you wish to post this score on your facebook wall, tap on Share and follow the screen instructions.

Display modes on your Activate™ Activity Tracker

To scroll through the screens, simply press MODE BUTTON



To conserve battery, the display turns off when the device is not in use for 5 seconds. To activate the screen, press MODE button.

Tracking Sleep with itek Activate™ Activity Tracker

your device can track the hours you sleep and your sleep pattern.

Press and hold the MODE BUTTON to activate Sleep mode or Active mode.



When you wake up, you need to exit Sleep mode.

Press and hold the MODE button to exit the Sleep mode and activate Active mode

Tracking sleep on your mobile device

You can track your sleep using the ACTIVATE TRACKER APP on your mobile device

Open the ACTIVATE TRACKER APP

1. Go to the Night Hemisphere screen
2. Tap on Sync – This would sync data from the activity tracker to your mobile device
3. The screen displays Hours Slept and Sleep Pattern

Memory

When you sync your itek Activate™, your activity data is uploaded to your mobile device. Your itek Activate™ holds data for up to 30 days.

Your recorded data consists of steps taken, distance travelled, calories burned and sleep data. Sync your itek Activate™ regularly to have the most data on your mobile device.

Specifications –

Bluetooth® Version: 4.0
Wireless Distance: 25 to 33 Feet
Size:
Height: 1.8 inches (46 mm)
Width: 0.90 inches (23 mm)
Depth: 0.39 inches (10 mm)
Weight: 0.317 Oz (9 g)
Battery: Rechargeable Lithium Polymer Battery

Power Input: DC 5V

Built-In Rechargeable Battery: 65mAh

Built-in 3.7V rechargeable Li-ion battery

Charging Time: Up to 2-3 Hours

Care and maintenance

Read the following recommendations before using the Activate™ Activity Tracker. Following these you will be able to enjoy the product for many years.

- Do not expose the unit to liquid, moisture or humidity to avoid the product's internal circuit being affected.
- Don't use abrasive cleaning solvents to clean the unit.
- Do not expose the unit to extremely high or low temperature as this will shorten the life of electronic devices, destroy the battery or distort certain plastic parts.
- Don't dispose of the unit in fire as it will result in an explosion.
- Don't expose the unit to contact with sharp objects as this will cause scratches and damage.
- Don't let the unit fall down onto the floor. The internal circuit might get damaged.
- Don't attempt to disassemble the unit as it may get damaged if you are not professional.

In case the unit does not function properly, please contact the number shown on the Warranty Page for help.

FCC Instructions

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This product generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



itek Activate™ FAQ's –

What does itek Activate™ track?

Your itek Activate™ tracks steps taken, distance travelled, calories burned, activity time, how long and how well you sleep. In addition to tracking, itek Activate™ also features a clock.

Can I wear my tracker as a watch?

Your itek Activate™ not only tracks your fitness activities, it also serves as a sleep time piece. Press MODE button to see the time.

Can I wear my tracker while swimming?

Your itek Activate™ is rain, splash proof but should be removed before or showering.

What mobile devices are compatible with the itek Activate™ ?

You can setup and sync your Activate™ Activity Tracker using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices (iOS 7.0 and above) –

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iPhone 5, 5s, 5C
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Samsung Galaxy Note II, III, 10.1
Nexus 4 and 5
Nexus 7 (2013)

Note: Please ensure that your Android OS is version 4.3 or above and iOS Version is 7.0 or above and the device has Bluetooth 4.0

How do I get the ACTIVATE TRACKER APP for iOS on my iPad?

When searching for the ACTIVATE TRACKER APP in the APP Store, select "iPhone only" otherwise the app will not appear in search results.

For iOS & Android users – Search for ACTIVATE TRACKER APP. Please note that we have an earlier version named just itek, please download the latest version which is ACTIVATE TRACKER

How does the itek Activate™ track my sleep?

The motion sensor on your tracker analyzes your movement patterns to determine whether you're asleep, restless or awake. This data is then used to display sleep pattern.

How long does the battery last?

On a full charge the battery lasts 5 to 7 days. The battery icon on the screen display indicates the battery life. When you notice battery power is low, you need to charge your device. It takes about 2-3 hours to fully recharge the device.

How do I set a goal with Activate?

Get motivated by setting daily goal and monitoring the progress throughout the day. When you reach your goal, the screen would display 100% indicating that you've achieved your goal.



You can select any one of the goal –

Steps Taken
Distance Travelled
Calories Burned

Setting a goal:

1. Open ACTIVATE TRACKER APP on your mobile device or tablet
2. Choose Settings > Goal
3. Under Goal, make your choice, enter the goal value and press Save

Press SAVE, your main goal will be set.

Note: By default, the device has been set with daily goal of 10,000steps.

How do I Sync data from my tracker to my mobile device?

Your itek Activate™ uses Bluetooth Low Energy technology to sync data with your mobile device. Data stored in your tracker is synced to your mobile device using the ACTIVATE TRACKER APP.

How to sync data –

1. Open ACTIVATE TRACKER APP on your mobile device or tablet
2. Make sure your tracker is Bluetooth paired with your mobile device
3. Press Sync

You would now see the data getting synced from your tracker to your mobile device.

Note: You are able to sync only one tracker's information on your mobile device. If you have more than 1 tracker and try to sync, the latest tracking information from your tracker would be synced. Your old data would be erased.

