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CheckSum calculator:
http://www.hhhh.org/wiml/proj/nmeaxor.html

-Change unit refresh rate:
$PMTK220,100*2F //Will set the GPS to 10hz (or updates every 100 milliseconds)
$PMTK220,250*29 //Will set the GPS to 4hz (or updates every 250 milliseconds)
$PMTK220,1000*1F //Will set the GPS to 1hz (updates every 1000 milliseconds)

You can set the GPS to any desired refresh rate, you change the value inside the string and generate a new check sum here: http://www.hhhh.org/wiml/proj/nmeaxor.html

-To change the baud rates:
$PMTK251,4800*14
$PMTK251,9600*17
$PMTK251,19200*22
$PMTK251,38400*27

You can also set the GPS to any desired baud rate speed by changing the value inside the string and generate a new checksum here: http://www.hhhh.org/wiml/proj/nmeaxor.html

-Enabling the custom binary protocol:
$PGCMD,16,0,0,0,0,0*6A

-To use NMEA and enable or disable string please refer to this table:

Customize Command Format **Table 2**

Name	Example	Units	Description
Message ID	$PGCMD		Customize command header
Command Number	16		This number represents which command is used
Parameter 1:RMC	1		Period of RMC, 0~5. 0 mean to disable output
Parameter 2:VTG	1		Period of VTG, 0~5. 0 mean to disable output
Parameter 3:GSA	1		Period of GSA, 0~5. 0 mean to disable output
Parameter 4:GSV	1		Period of GSV, 0~5. 0 mean to disable output
Parameter 5:GGA	1		Period of GGA, 0~5. 0 mean to disable output
Checksum	*6B		
<CR> <LF>			End of message termination

Example that will enable all the messages : $PGCMD,16,1,1,1,1,1*6B

-Note:

When using arduino environment you must add "\r\n" at the end command each line, for example if you want to send the message "$PMTK220,250*29" to the GPS unit, it will be:

Serial.print("$PMTK220,250*29\r\n"); //This is correct

Serial.print("$PMTK220,250*29"); //INCORRECT!

For deeper information and more command examples please read the official MTK command manual here.