mindfio

Smartband Prototype User Guide

Please note that this is a non-waterproof prototype

Tab the screen to toggle between different displays

Bluetooth Connection

Device Disconnected

Device Connected

Battery Level

Time and Date

No. of steps achieved

Progress bar

ACTIVITY
2180
OBJECTIVE
10000

Note: 1-min data is measured continuously with 15-min interval

Latest Heart Rate Reading

Latest Stress Level Reading

Firmware Version

Mac Address

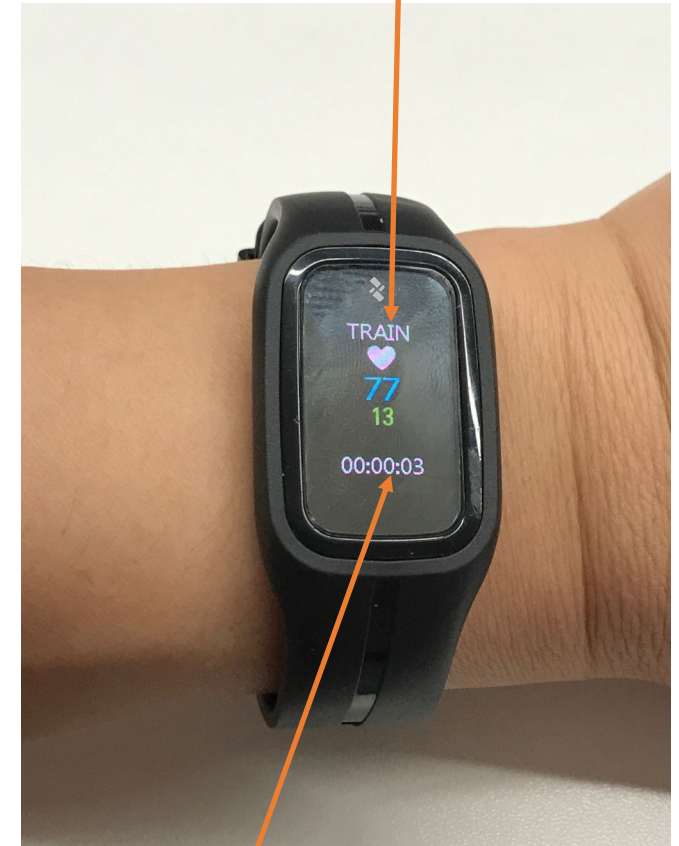| Stress Level	
0 - 4	Severely stressed
4 - 6	Very stressed
6 - 9	Mildly stressed
9 - 17	Normal
17 - 40	Relax
> 40	Very relax

To start the training session

Long press the "HEART RATE" screen

Green line will appear under the "HEART RATE"

Quickly tab the screen to switch to "TRAIN" mode

Timer starts counting the training duration.
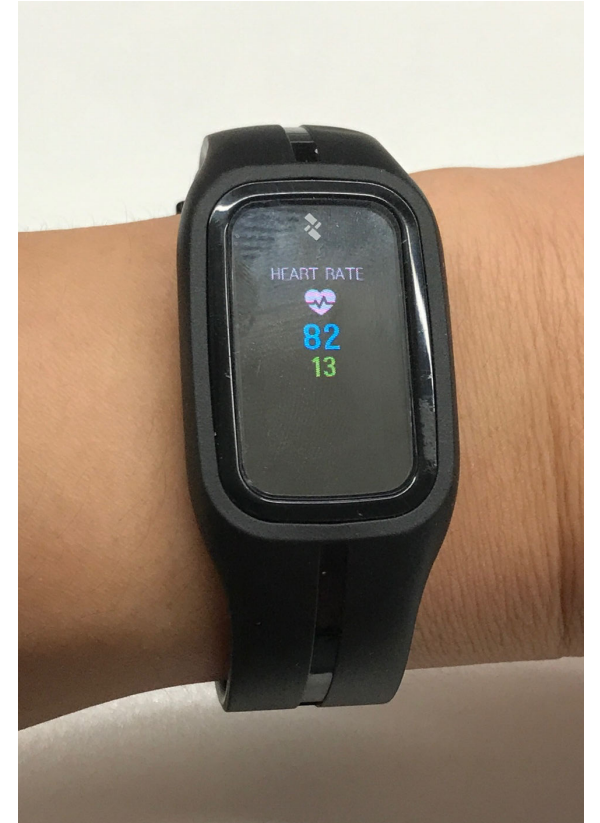
To end the training session

Long press the "Train" screen

Green line will appear under the "TRAIN"

Quickly tab the screen to switch back to "HEART RATE" screen

Battery Charging

Match metal pins with the charging cable

Begin charging

Firmware Upgrade

Follow the instruction of P.12 in the Trainer App
User guide to upgrade the firmware version.

End