

# User Manual - Fitness Tracker

## Overview

- The Fitness Tracker monitors steps, heart rate, and sleep patterns.
- Compatible with Android and iOS devices.

## Charging Instructions

- Use the provided USB cable.
- Charge fully before first use.
- Avoid overcharging beyond 2 hours.

## Maintenance

- Clean with a soft dry cloth.
- Avoid water exposure beyond IP rating.
- Update firmware regularly via mobile app.