MY KRONOZ
DESIGNED IN SWITZERLAND

English

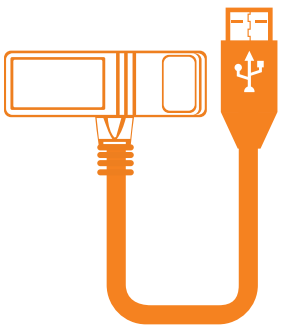
# ZeFit

USER GUIDE

OVERVIEW 6
CHARGING 8
WEAR 10
SET UP 12
SYNC DATA 16
DISPLAY 18
ACTIVITY 20
SLEEP 21
GOALS 22
REMINDERS 23
TECH SPECS 24

# 1. OVERVIEW

# BOX CONTENT

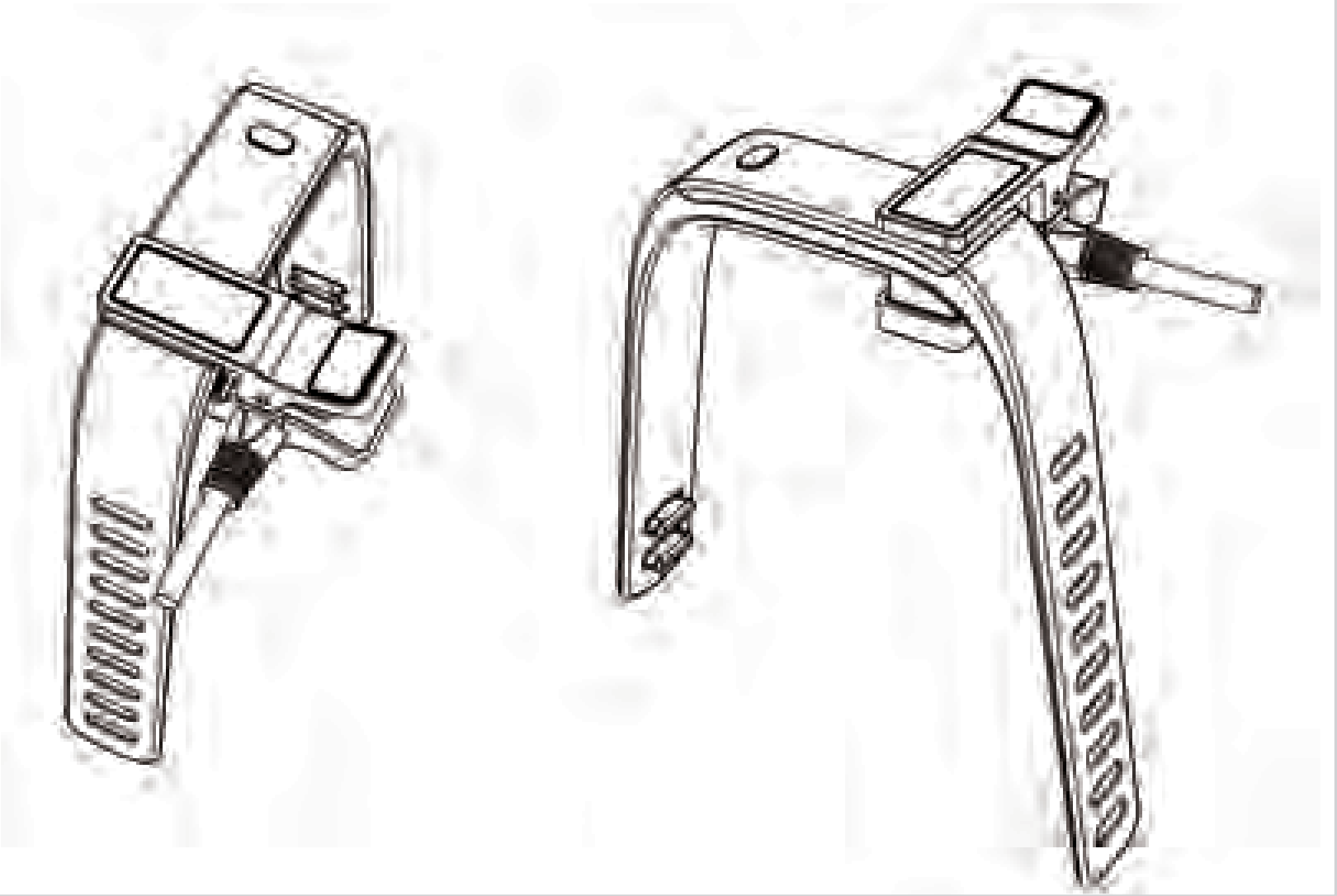
| ZeFit | USB Charging clip | User manual |
| --- | --- | --- |
| |  | |

# 2. CHARGING

Charge ZeFit for two hours before your first use

1. Align the charging clip posts with the contacts on the backof ZeFit
2. Clip the charger securely over the face of ZeFit
3. Plug the big end of the USB Cable into the USB port of a computer
4. A battery indicator on ZeFit display will fill to indicate charging is in progress
5. Once ZeFit is charged, the battery indicator will be full

| Indicator | Status |
|---|---|
| | Charging |
| | Charging completed |
| | Low battery |



# 3. WEAR

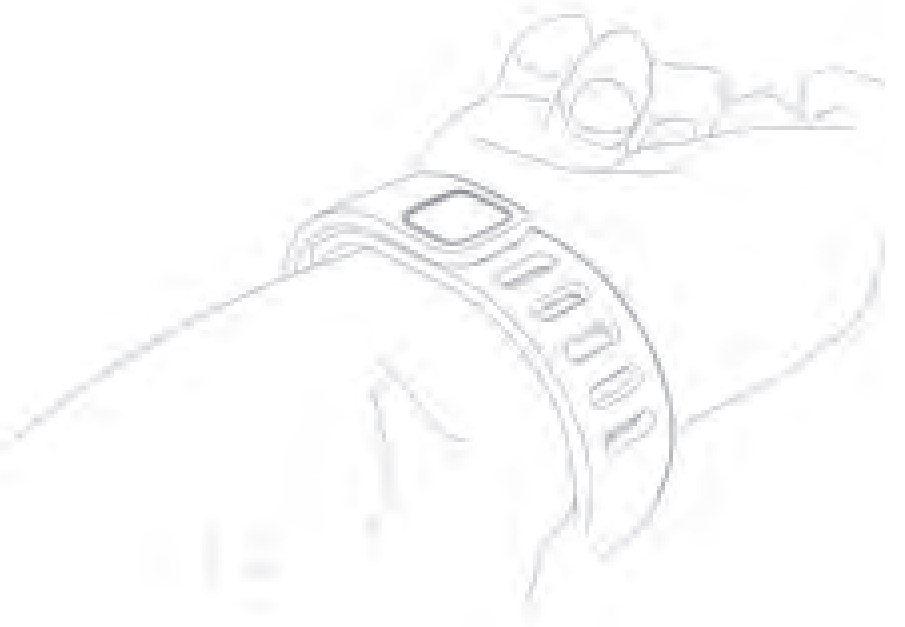
ZeFit is adjustable to fit different wrist sizes.

1. Place ZeFit around your wrist and put the clasp over the holes

2. Press a few times until you hear a click to make sure both ends are fully inserted and that ZeFit is securely fastened

*i*

To get the most accurate data, we recommend wearing ZeFit on your non-dominant hand and not too loose



# 4. SET UP

The first time you use ZeFit, a display message will prompt you to set up your ZeFit through your mobile device.

## SETTING UP USING A MOBILE DEVICE

**Mobile device Compatibility**

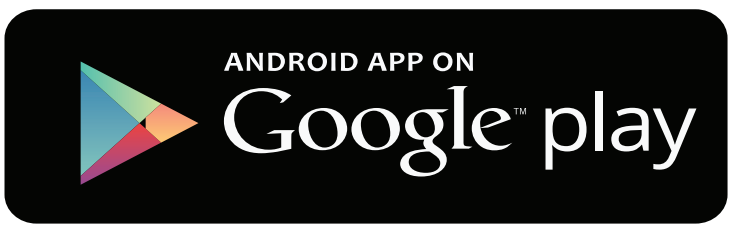
ZeFit is compatible with Apple iOS devices and select Android devices that support Bluetooth 4.0

| iOS 6 or later | Android 4.3 |
|---|---|

# GET ZEFIT APP

To set up your ZeFit using your mobile device, you first need to get ZeFit App. Search for "ZeFit" App on the App Store or Google Play, download and install the App on your mobile device.

Once you open ZeFit App, Sign up if you are a new member or Log in with your existing account. You will be asked to input your personal information so ZeFit can provide the most accurate results about your performance. This information remains confidential.



# BLUETOOTH PAIRING

1. Enable Bluetooth on your mobile device

2. Open ZeFit App on your mobile device. Sign up if you are a new member or Log in with your existing account

3. After you enter your personal information, tap Set up your ZeFit

4. Make sure ZeFit is nearby. Press ZeFit button to turn on its display. ZeFit display must be light up to initiate pairing

5. Your mobile device will search for ZeFit. When ZeFit is successfully paired, you will be notified on your mobile device's screen

Pairing is a one-time process. If you want to pair your mobile device with another ZeFit, you first need to unpair the current one. Go to the Settings tab of ZeFit App, unpair the current ZeFit and click on Set up to pair a new device

1.

3.

4.

If your mobile device cannot found ZeFit, try again and make sure (1) Bluetooth is activated on your mobile device (2) ZeFit App is running (3) ZeFit screen is light up

# 5. SYNC YOUR DATA

Follow these steps to manually and wirelessly sync the data stored on ZeFit to your mobile device.

1. Open ZeFit App

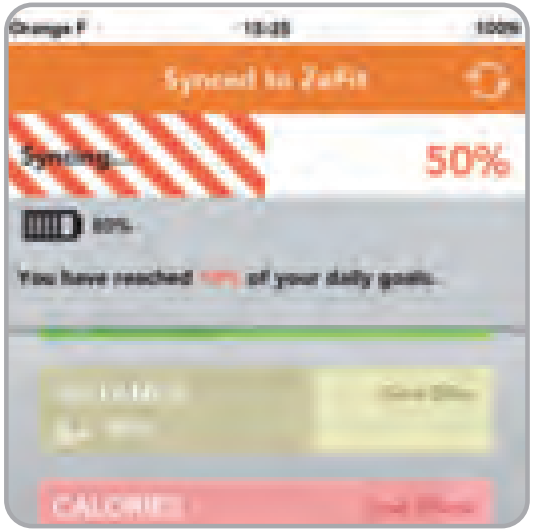
2. On the Activity screen, click on the sync icon in the upper right hand corner

3. Press ZeFit button to light up the screen. ZeFit display must be turned on to initiate syncing

4. A pop up window will appear on your mobile device screen to confirm successful syncing

2.

3.




4.

# 6. DISPLAY

You can view your daily activity in real time on ZeFit display with a short press of the button. Cycle through the display to browse your daily activity results.

## ACTIVITY

| Current time | Steps taken | Calories burned | Distance travelled |
|---|---|---|---|
| | | | |

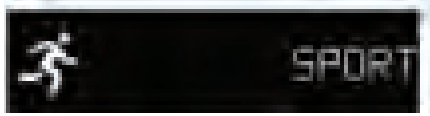


## MODE

| Sleep Mode | Activity mode |
|---|---|
| | |

## REMINDERS

Sport




Sleep

Eat

Wake up

Medicine

Defined

## OTHER DISPLAY VIEWS

Goal achieved

Memory Full

Syncing

ZeFit display shows daily data. The activity tracker resets at midnight

## TIME & DATE

ZeFit will automatically sync the time and date of your paired mobile device. You can set your preferred time format manually (12 or 24-hour) in the Settings tab of ZeFit App.

# 7. ACTIVITY

ZeFit tracks the number of steps taken, distance travelled and calories burned throughout the day. You can view your activity level and history on the Activity tab of ZeFit App. On the main Activity screen you can check your performance level against your daily goals. Click on any activity bar to get a detailed graph of your daily, weekly and monthly performance.

To upload your latest activity data, do not forgot to tap the sync icon in the upper right hand corner of Zefit App and press ZeFit button to light up the screen

# 8. SLEEP

ZeFit tracks the hours slept and the quality of your sleep (light sleep, deep sleep, awake time).

- **Start sleep mode**

Press and hold the button until ZeFit gently vibrates and the sleep icon appears on the display

- **Exit sleep mode and switch to activity mode**

Press and hold the button until ZeFit gently vibrates and the sun icon and time appear on the display

To upload your latest sleep data, do not forgot to tap the sync icon in the upper right hand corner of Zefit App and press ZeFit button to light up the screen

# 9. GOALS

Tap the Goals tab of ZeFit App to set daily goals for: steps taken, distance travelled, calories burned and hours slept.

Click on the sync button in the upper right corner to save your goals.

Once you hit one of your daily goal, ZeFit will gently vibrate and display “Goal achieved”

You can modify your daily goals value at any time from ZeFit App.
Do not forgot to tap the sync icon to save your new goals

# 10. REMINDERS

Tap the Reminders tab of ZeFit App to add daily life reminders. Choose your type of reminder (sport, eat, sleep, wake-up, medicine, defined), enter the preferred time and day. You can create a recurring reminder and choose which days you want the reminder to repeat. Click on Save to add this new reminder; it will be saved on your next sync.

ZeFit will gently vibrate and display the corresponding reminder icon to alert you. The reminder alert can be dismissed by pressing the button on ZeFit. If you do not dismiss the reminder, the same alert will repeat after two minutes.

*i* You can set up to 6 daily reminders

# 11. TECH SPECS

| | |
|---|---|
| Size & Circumference | Min: 161 mm /5.7”<br>Max: 209 mm /8.23”<br>Width: 20 mm /0.8” |
| Weight | 25g |
| Bluetooth | 4.0 |
| Battery type | Li-ion-60mAh |
| Battery life | 3-4 days |
| Charging time | 2 hours |
| Memory | 7 days of activity |
| Display | OLED |
| Sensor | 3-axis accelerometer |
| Operating temperature | -20 to 40° C |
| Water resistance | Splash, sweat and rain resistant |
| International warranty | 1 year |

## ABOUT THIS MANUAL

The features of ZeFit and the contents of the user manual are subject to change. To get the latest instructions on how to use this product, please refer to the online user manual available on www.mykronoz.com

## SUPPORT

If you have any question or require assistance regarding our product, please visit www.mykronoz.com/support or email us at support@mykronoz.com

## FCC STATEMENT

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.

**NOTE**

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

This equipment 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 equipment 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 this equipment 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 equipment and receiver.

—Connect the equipment 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.

## IC STATEMENT

This device complies with Industry Canada licese-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference,including interference that may cause undesired operation of the device.

Leprésent appareil est conforme aux CNR d'Industrie Canada applicable aux appareils radio. Exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage,et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, meme si le brouillage est susceptible d'en compromettre le fonctionnement.