

<p>J-STYLE Wireless Wristband Track Activity + Sleep Call & Message reminder</p>  <p>Product Manual</p>	<p>1 Getting Started</p> <p>What's Included</p> <p>Your J-STYLE Wireless Wristband Activity + Sleep Call & Message reminder Tracker includes:</p> <ul style="list-style-type: none"> • J-STYLE Tracker • J-STYLE USB cradle • Wristband • User manual 	<p>2 To save the battery, the Activity Tracker is set into hibernation mode when out the screen for 10 seconds to activate the device. The program will change from sleep to on for 10 seconds for activation the device.</p> 	<p>3 Install APP on your smartphone/ tablet/PC</p> 	<p>4 The bluetooth always on without mark</p> 	<p>5 Run APP to search the device then connect</p> 	<p>6 Set personal information</p> 	<p>7 Operation</p> <p>1.Touch the screen once within 8 seconds to show the screens as below</p> 	 <p>Wasting with J-Style Get Fit with Fun</p>	<p>2.Long press the screen for 2 seconds till the sleep mark shows, then short touch the screen for 2 seconds, the tracker stay at activity mode.</p> <p>3.Long press the screen for 2 seconds till the sleep mark shows, then short touch the screen for 2 seconds, the tracker stay at sleep mode.</p> <p>4.Caller's name or phone number will show on the activity tracker. When there is a call or message on phone, the device will vibrate. In response on phone, the device will vibrate. In exercise with vibration (3 small vibrations).</p> <p>5. Wake up alarm (Default is all alarm off):</p>	<p>Total five alarms can be set, and you can set from Monday to Sunday, in vibration mode. (One alarm consists of 3 small vibrations), alarm is make 3 times, you can touch screen to stop the alarm during the 3 seconds.</p> <p>6.Activity Alarm(The default alarm time is 6AM-7AM , interval of 45 minutes):</p> <p>Activity time and alarm interval can be set. Default setting is if you walk less than 100 steps, the alarm will sound during activity time period. The device will vibrate you. In exercise with vibration (3 small vibrations).</p>	<p>8 How to wear activity tracker</p> <ul style="list-style-type: none"> -Use the wristband to wear on your wrist -It's water resistant -Wear it in the shower! 	<p>9 Battery charge</p> <ul style="list-style-type: none"> -The empty battery mark will display when the battery low or runs out. -The whole charging process will normally take 1 or 2 hours. -A full charged tracker should last for 1 month. -Note: Please charge the battery at least once a month to prolong battery life even not use the activity tracker for a long time. 	<p>10 Specification</p> <p>Product Name: J-STYLE Wireless Wristband Activity + Sleep Tracker</p> <p>Size: Main body:38*15.5*11mm</p> <p>Weight: Wristband:235*10mm</p> <p>Display: 0.91" OLED</p> <p>Battery: rechargeable lithium polymer battery</p> <p>Charging: USB</p> <p>Walking distance: Max 999.99km</p> <p>Calories burned: Max 999.99kcal</p> <p>Activity time: 9:00-23:00h</p>	<p>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.</p> <p>This device 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 environment. This device's maximum output power can radiate radio frequency energy and, if not properly installed or used, may cause harmful interference to radio communications. However, there is no guarantee</p>	<p>that interference will not occur in a particular installation. If this equipment does cause harmful interference, you may need to take additional measures to be determined by turning the equipment off and on, to identify the source of the interference. If the interference cannot be eliminated, you may need to contact your dealer or a qualified technician for help.</p> <ul style="list-style-type: none"> -Increase the separation between the equipment and the receiver. -Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. -Consult the dealer or a qualified technician for help. <p>MODIFICATION: Any changes or modifications not authorized by the manufacturer could void the user's authority to operate the device.</p>	<p>CAUTION: This equipment must be used in accordance with the instructions provided in the user manual.</p>
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