

Zero Setting



The total consumption is set to zero at the beginning of the day. Place your sipper bottle with water on the Koaster to establish a baseline calibration.

Tracking



Press the Power Button on the right bottom corner once to scroll through the screens (A long press will switch off the device). The Koaster will calculate how much water has been consumed each time the bottle is placed on it.

Calories



Pressing the Power Button one more time will display the Calorie Burn screen which displays the amount of calories you have consumed just by drinking the the amount of water you have taken!