

Product Identifier W3P 30346000

OPERATIONAL DESCRIPTION

(Theory of Operation)

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1 Introduction

The MyTraker health solution is a Wearable Device that is a personal health coach that constantly monitors physical and lifestyle activity to guide a user towards their selected health goals.

A Web Portal is used to determine a users current health state, goals, and activity targets. These targets are then downloaded to the MyTraker when it is synced to the user's account.

As the user wears the MyTraker throughout the following days, these targets are used to give Red, Yellow and Green feedback via the 3 lighted sections. The goal is to keep the 3 sections Green to show that a user is on target to achieving their health goals.

The MyTraker includes a wireless USB radio module that allows it to communicate to a Personal Computer through a USB Dongle, or with a Mytrak Enabled Exercise Equipment utilizing the current Success Coach technology.

1.1 Product Functionality Overview

The MyTraker has 2 modes of operation.

Outside of a Fitness Club Environment, the device will act as an activity monitor, Inside a club it will both track activity and interact with a PC and Mytrak Equipment.

1.1.1 Outside Club

1.1.2 Inside Club

When a member enters a Mytrak Weight Stack enabled fitness club, they will dock their device at the Kiosk. The MyTraker will communicate wirelessly with the Kiosk application and the member exercise profile for that day will be downloaded to the device.

The MyTraker will recognise that the member is "In-Club" so that any Cardio data recorded (Steps, Dynamic Activity and Heart Rate) are flagged as In-Club.

The member will then be able to use the MyTraker at each Success Coach to perform a workout.

At each SC, the user will dock the MyTraker, which will send enable communications with the SC and send the appropriate exercise information to it. The SC will respond in a similar way to the current Weight Stack product, indicating weight, rep count and performance feedback etc. An additional feature will allow the MyTraker to show the programmed tempo and actual user tempo with the Red and Green Led's in the Circle.

Workout data will be saved to the MyTraker.

At the end of a member visit, the user will scan out at the Kiosk where the data is sent to the local Kiosk database and the results shown. Any Cardio exercise results will also be shown to the member.

The Kiosk will analyse the data and create a summary of results, in terms of Calories, PI and MET's and send this data to the MyTraker. The MyTraker will incorporate this data into the overall out-of-club results so that the light feedback is modified by the in-club workout.

Additionally when the member plugs their MyTraker in at home, this summary data will also be sent to their Portal account and can be used to give a summary of in-club activities at the Portal (this negates the need to wait for a club PC to send data to the CDS, be stored, analysed etc).

1.2 RF Properties:

The device is designed to transmit between 2401 MHz to 2480 MHz at channels that are spaced at 1 MHz intervals. The maximum RF Transmit power is 2.0 mW (3 dBm).