Calibration Procedure:

- 1. Start with the wristwatch secured on the wrist, insert a mirco-SD card into the slot, and turn the switch on.
- 2. Keep the wrist in a horizontal position with the watch facing up.
- 3. Rotate wrist 180 degrees CCW
- 4. Rotate wrist 180 degrees CW
- 5. Repeat 2 + 3 x2 with 1 second movements
- 6. Repeat 2 + 3 x2 with 2 second movements
- 1. Start with elbow bent, the arm facing upwards, and the wrist facing left
- 2. Rotate arm around elbow 90 CW, towards the right arm
- 3. Rotate arm around elbow 90 CCW, away from the right arm
- 4. Repeat 2 + 3 x2 with 1 second movements
- 5. Repeat 2 + 3 x2 with 2 second movements
- 1. Start with the arm and wrist in a horizontal position with the watch facing up.
- 2. Rotate arm around elbow 90 CW, towards the chest, maintaining a horizontal position.
- 3. Rotate arm around elbow 90 CCW, away from the chest
- 4. Repeat 2 + 3 x2 with 1 second movements
- 5. Repeat 2 + 3 x2 with 2 second movements
- 1. Start with the wrist facing to the left and the arm stretched away from the body to the left.
- 2. Rotate arm around shoulder horizontally 90 CW, towards the right arm.
- 3. Rotate arm around shoulder horizontally 90 CCW, away from the right arm
- 4. Repeat 2 + 3 x2 with 1 second movements
- 5. Repeat 2 + 3 x2 with 2 second movements

Turn the switch off, take the wristwatch off, and take the micro-SD card out of the device.