LifeTrak

BRITE R450

LightTrak Sensor

Time/Date

Goal Progress Bar

Activity Value

Activity Type

Notification Alert

Quick Start Guide

Bluetooth SMART

Welcome to LifeTrak. Let's take a quick tour of the basic features.

To turn on your life tracker, press and hold any button.

Learn more

For full instructions, helpful tips and product information, see the LifeTrak *User Guide* at **www.lifetrakusa.com/user-guides**.

NOTE: Actual model/screen images may vary from images shown.

Table of Contents

BUTTON LAYOUT

MODE
Press to change modes:
Time ▶ *Notifications* ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

VIEW
Press to view:

🛣️ distance ▶ 🔥 calories ▶ 👣 steps ▶ 🌙 sleep

Press & hold to read your heart rate ❤️

START/STOP
Press to start and stop in *Workout*

LIGHT
Press **MODE + START/STOP**,
MODE + VIEW or double-click **VIEW**

❶ In the dark, pressing **VIEW** will also activate light

NOTE:
The buttons are not intended for use under water

USER INFO

① In *Time*, hold **MODE** for 3 sec

10-18-12 TH
2:40 PM 35
1459

② Select **USER INFO**

SETTING
-ALARM
-GOALS
-TIME
-USER INFO

gender
▼
birthday (year)
▼
birthday (month)
▼
birthday (day)
▼
unit format
▼
weight
▼
height

INSIDE SETTING MODE

Edit/increase value

Press: go to next setting
Press & hold: exit setting mode

Edit/decrease value

❷

TIME SETUP

① In *Time*, hold **MODE** for 3 sec

10-18-12 TH
2:40 PM
1159

SETTING
-ALARM
-GOALS
-TIME
-USERINFO

② Select **TIME**

seconds
▼
minute
▼
hour
▼
year
▼
month
▼
day
▼
month-day format
▼
12/24 hr format

INSIDE SETTING MODE

Edit/increase value

Press: go to next setting
Press & hold: exit setting mode

Edit/decrease value

❸

BLUETOOTH® CONNECTION

Transfer data between your life tracker and Bluetooth Smart Ready devices. Even get notified of phone calls, emails and messages right on your tracker.

Before you can transfer data, you must install our LifeTrak app on your Bluetooth Smart Ready device. You will also have the ability to set up your tracker (e.g., set user info and goals) through the app.

Visit www.lifetrakusa.com/app or your app store.

Bluetooth Smart Ready Device Setup

Once the LifeTrak app is installed, make sure Bluetooth on your device is turned on and then open the app. Tap on "Connect a New Watch." Locate your LifeTrak activity tracker and tap on "Connect to Device." The device will now attempt to pair.

Next step: set up your life tracker.

Bluetooth Indicator

Brite R450 Setup

Now that your device is attempting to pair, we need your life tracker to do the same.

While in *Time*, press and hold **START/STOP** until it activates a signal animation on the screen. Your tracker will now attempt to pair with your device.

START/STOP
Hold to begin pairing (must be in *Time*). Button can be released once pairing action begins.

NOTE: For best results, keep your devices within 2 meters of each other when pairing.

❺

∗

Indicator
Status
(activity tracker)

Solid: Bluetooth is on and linked to a device

Flashing: Bluetooth is trying to establish a connection

No icon: Bluetooth is off

Syncing Data

Once the life activity tracker and your device are paired, you can now sync fitness data and notifications.

While notifications will sync automatically whenever one comes through, syncing your fitness data is done manually with a simple one-step process each time you wish to transfer the data.

To transfer your fitness data from life tracker to device, simply open your app and click on the reload button at the top-right corner.

See the *Bluetooth Indicator Status* on this page for detailed information.

You will be able to receive notifications like phone calls, emails and messages right on your life tracker.

You must pair your tracker with our LifeTrak app to receive notifications. Visit www.lifetrakusa.com/app or your app store to download.

Once paired, calls and messages from your Bluetooth Smart Ready device will automatically be sent to your tracker.

NOTE: Bluetooth on your device must be turned on to receive notifications.

Notifications mode

Displayed if there are no messages on your tracker

NO
UNREAD
MESSAGES

Example of an email notification on your tracker

10:18 2:59P
JOHN SMITH
RE: HELLO
✉ 1/01

❼

NOTIFICATIONS

Symbol	Notification Type	Symbol	Notification Type
	Generic/Social Alert		SMS/MMS Message
	High Priority Alert		Instant Message
	Incoming Call		Calendar/Planner Alert
	Missed Call	NEWS or	News Feed
	Email		

NOTIFICATIONS Up to 20 notifications can be stored on your activity tracker. Select which types of notifications you want sent to your tracker through the LifeTrak app settings.

From *Time*,
press **MODE** until you reach *Notifications*

10·18 2:59P
JOHN SMITH
RE:HELLO
✉ 1/01

VIEW
Press & hold to delete messages

START/STOP

Press to browse through your messages

Delete notifications

You can delete a single message or all messages depending on how long you hold **VIEW**.

```
10-10  2:59P
JOHN SMITH
RE:HELLO

HOLD TO
DELETE
```

▶

```
MESSAGE
DELETED!

HOLD TO
DELETE ALL
```

The initial press and hold of **VIEW** will delete the current message.

Once the current message is deleted, you can continue to hold **VIEW** to delete all messages.

LIGHTTRAK Will suggest during the day if you should get more light.

LIGHT SETUP

① In *Time*, hold **MODE** for 3 sec

10·18·12 TH
2:40 PM
1:59

② Select **ALARMS ▶ DAY LIGHT**

SETTING
-ALARM
-GOALS
-TIME
-USER INFO

SEL

set alert on/off
▼
exposure level
▼
duration

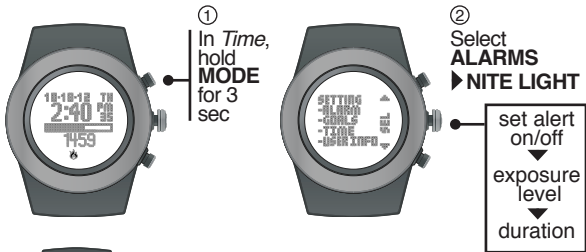**INSIDE SETTING MODE**

Edit/increase value

Press: go to next setting
Press & hold: exit setting mode

Edit/decrease value

⑪

LIGHTTRAK Will suggest prior to bedtime if you should reduce light exposure.

LIGHT SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **ALARMS** ▶ **NITE LIGHT**

18-18-18 TH
2:40 PM 95
1459

SETTING
▲ALARM
-GOALS
-TIME SEL
-USER INFO

set alert on/off
▼
exposure level
▼
duration

INSIDE SETTING MODE

Edit/increase value

Press: go to next setting
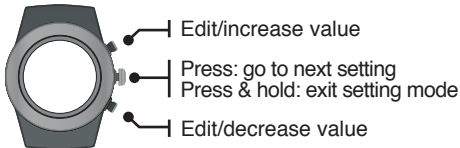Press & hold: exit setting mode

Edit/decrease value

GOAL SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **GOALS**

SETTING
- ALARM
- GOALS
- TIME
- USER INFO

steps
▼
distance
▼
calories
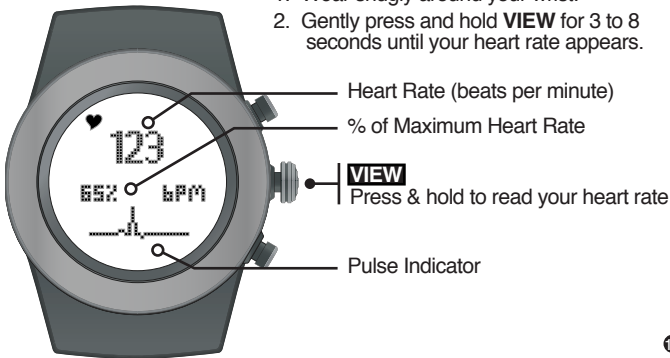▼
sleep

INSIDE SETTING MODE

Increase value

Press: go to next setting
Press & hold: exit setting mode

Decrease value

13

HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calorie burn more accurately**.

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.

Heart Rate (beats per minute)

% of Maximum Heart Rate

VIEW
Press & hold to read your heart rate

Pulse Indicator

123

65%   bPM

SLEEPTRAK 2.0

The sleep tracker monitors the duration and quality of sleep based on motion, arm posture and ambient light. It automatically detects the beginning and end of your sleep session.

For full control, you can also manually operate the feature by double-clicking **START/STOP** while in *Time*.

Sleep tracker indicator
(only in manual sleep mode)

START/STOP
Double-click to manually start/stop the sleep tracker (must be in *Time*)
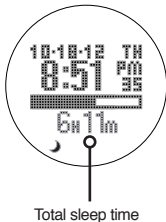
⑮

Sleep data collection

SleepTrak 2.0 is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

Total sleep time is accumulated during all sleep sessions that *end* on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to *yesterday's* total sleep time.

NOTE: Once you wake up, the total sleep time will update after a brief period.

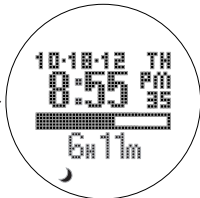*NOTE: Minimum sleep time for recorded data is 10 minutes.*

Total sleep time

16

Sleep tracking sequence

10·18·12 TH
2:40 PM
0н00m

Sleep tracker is on.

Note: In manual sleep mode, "SLEEP MARKER" will appear on the screen.

10·18·12 TH
8:51 PM
6н11m

After waking up, shows pending sleep time.

10·18·12 TH
8:55 PM
6н11m

After brief period, pending sleep time becomes official. Final value may vary from pending value.
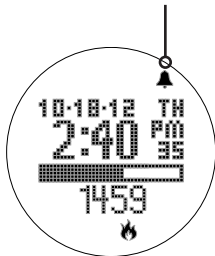
Intelligent Wake-Up

Your life tracker includes Intelligent Wake-Up and a gentle vibrating alarm. This alarm can be set to wake you at your optimal time.

Alarm Indicator

The Intelligent Wake-Up feature can be adjusted in the Alarm setup (under the "Adjust Alert Start" setting; see p.19).

After setting the alarm time, you have the option of setting an Intelligent Wake-Up window (0-59 mins) which will activate prior to the alarm time. During this window, the vibration alarm will activate only if you are no longer in a deep sleep stage.
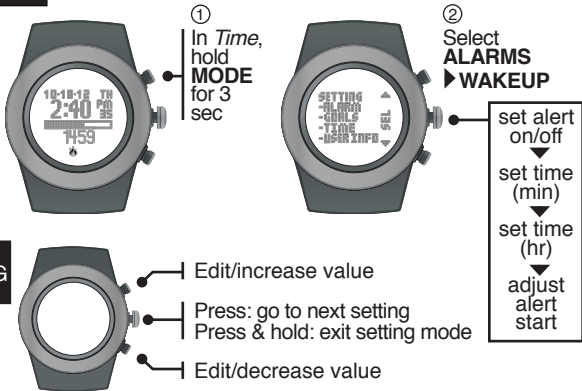
If you are still in a deep sleep stage during the Intelligent Wake-Up window, the vibration alarm will activate at the set alarm time.
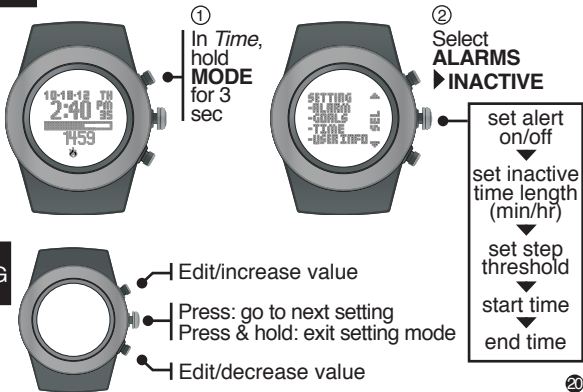
18

Intelligent Wake-Up Setup

① In *Time*, hold **MODE** for 3 sec

② Select **ALARMS** ▶ **WAKEUP**

set alert on/off
↓
set time (min)
↓
set time (hr)
↓
adjust alert start

INSIDE SETTING MODE

Edit/increase value

Press: go to next setting
Press & hold: exit setting mode

Edit/decrease value

⑲

INACTIVITY ALERT

Helps motivate with alerts if you have been inactive.

① In *Time*, hold **MODE** for 3 sec

② Select ALARMS ▶INACTIVE

set alert on/off
▼
set inactive time length (min/hr)
▼
set step threshold
▼
start time
▼
end time

INSIDE SETTING MODE

Edit/increase value

Press: go to next setting
Press & hold: exit setting mode

Edit/decrease value

⑳

HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.

From *Time*,
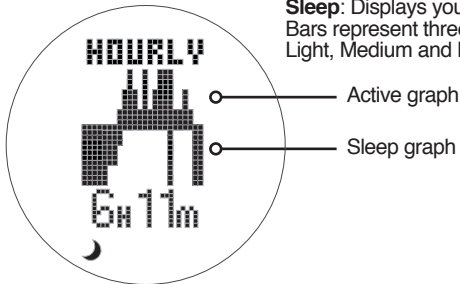press **MODE** until you reach
Hourly Display

VIEW
Press to view:

distance, calories, steps, sleep

㉑

HOURLY DISPLAY

The hourly actigraphy view provides a summary of your sleep and activity levels.

Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.

Active graph

Sleep graph

WEEKLY DISPLAY

Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.

NOTE: If you want to see more than 7 days, use the LifeTrak app to see trends and insights over weeks, months and years.

From *Time*,
press **MODE** until you reach *Weekly Display* ("Today" will be shown)

VIEW

Press to view:

distance, calories, steps, sleep

START/STOP

Press to browse through the past 7 days

TODAY

1459

WORKOUT MODE

Records data from an individual workout.

WORKOUT
197
CAL
1:00:00▶

From *Time*,
press **MODE** until you reach
Workout

VIEW
Press to view:

distance, calories, steps

START/STOP
Press to start/stop recording your
workout

Hold to reset data (*Workout* mode
must be stopped)

After resetting your workout data, it will be saved automatically. You can view the last 10 workouts recorded.

MODE
In *Workout*, hold to view past workout records.

Press to go to next workout record

1/10
10·18·12
197
1:00:00

🔥

VIEW
Press to view: distance, calories, steps

Hold to exit workout records

START/STOP
Press to go to previous workout record

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