



*Watch/screen  
images may  
vary from  
actual model*

# LifeTrak™

 **Bluetooth®**  
SMART

Goal Status Bar

Time/Date

Activity type

Activity value

## Quick Start Guide

Models: Move C300, Fit C400, Zone C410

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

To turn on your activity 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](http://www.lifetrakusa.com/user-guides).

## BUTTON LAYOUT



### MODE

Press to change modes:

*Time* ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

### LIGHT

Press together for light

Can use **MODE + VIEW** or  
double-click **VIEW**

If dark, pressing **VIEW** will also activate light\*

### START/STOP

Press to start and stop in *Workout*

**VIEW**



### NOTE:

*The buttons are not  
intended for use  
under water*

Press to view: distance ▶ calories ▶ steps ▶ sleep\*

Press & hold to read your heart rate 

\*Available only on C410 

## GOAL SETUP



① In *Time*,  
hold  
**MODE**  
for 3  
sec



② Select  
**GOAL**

steps  
▼  
distance  
▼  
calories  
▼  
sleep\*

## INSIDE SETTING MODE



● Increase value

● Decrease value

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

\*Available only on C410

## TIME SETUP



① In *Time*,  
hold  
**MODE**  
for 3  
sec



② Select  
**TIME**

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

## INSIDE SETTING MODE



Edit/increase value

Edit/decrease value

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

## ADVANCED SETUP



① In *Time*,  
hold  
**MODE**  
for 3  
sec



② Select  
**ADV**

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

## INSIDE SETTING MODE



Edit/increase value

Edit/decrease value

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

## BLUETOOTH® CONNECTION

Transfer data between your activity tracker and Bluetooth Smart Ready devices.

Before you can transfer data, you must install a fitness app on your Bluetooth Smart Ready device.

Visit [www.lifetrakusa.com/app](http://www.lifetrakusa.com/app) to see the list of apps.

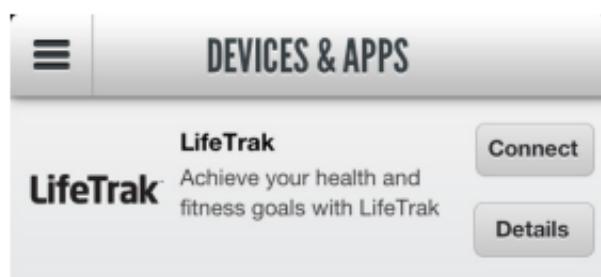
### Bluetooth Smart Ready Device Setup



*Menu button*

Once installed, open the app and tap on the menu button.

Select **DEVICES & APPS**.



Locate your LifeTrak activity tracker and tap connect. It will now attempt to sync.

Next step: set up your activity tracker.

## BLUETOOTH CONNECTION



## LifeTrak Activity Tracker Setup

Now that your device is attempting to sync, we need your activity tracker to do the same.

While in *Time*, press and hold **START/STOP** until it activates a signal animation on the screen. Both devices will now attempt to sync data.

Bluetooth Indicator

### **START/STOP**

Hold to begin syncing (must be in *Time*)

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

## SLEEP TRACKER\*

Monitors the duration and quality of sleep based on motion and arm posture.

The sleep tracker has two operating settings: Auto and Manual.

**Auto** (default): Sleep tracking is always enabled.

**Manual:** Sleep tracking is enabled by double-clicking **START/STOP** while in *Time*.

**NOTE:** *If you intend to remove your activity tracker when you wake up, we recommend you manually stop the sleep tracker by double-clicking **START/STOP** while in Time.*

## SLEEP TRACKER\*

When sleep tracking is enabled, the device will automatically detect the beginning and end of your sleep session.

Double-clicking **START/STOP** while in *Time* marks the time you go to bed. It also activates the sleep tracker if in Manual sleep tracking mode.



Sleep tracker indicator

### **START/STOP**

Double-click to mark the start of intent to go to sleep OR to start the sleep tracker when in Manual mode (must be in *Time*)

## SLEEP TRACKER\*

Setting the sleep tracker operation to Auto or Manual.



① In **Time**,  
hold  
**MODE**  
for 3  
sec

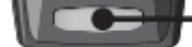


② Select  
**SLEEP**

## INSIDE SETTING MODE



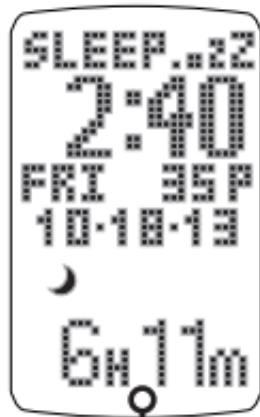
Edit setting



Press: select setting

\*Available only on C410 9

## SLEEP TRACKER\*



Total sleep time

### Sleep data collection

Our advanced sleep tracker 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.

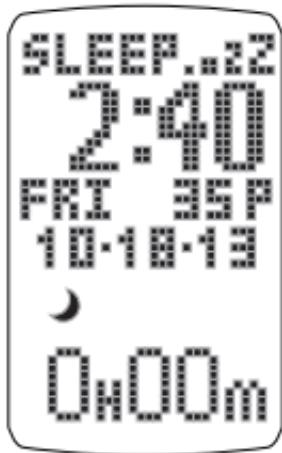
*NOTE: The total sleep time will update after a brief period once you wake up.*

*NOTE: Minimum sleep time for recorded data is 45 minutes.*

\*Available only on C410

## SLEEP TRACKER\*

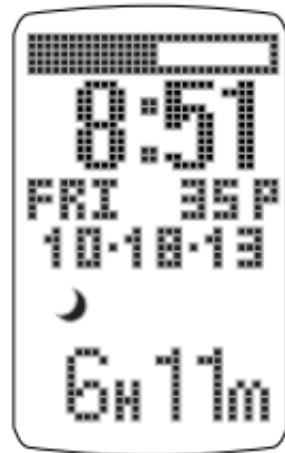
### Sleep tracking sequence



Sleep tracker is on.



Waking screen appears when movement is sensed and the tracker is determining if you are awake.



Sleep tracker is off. You are now awake and total sleep time is updated.

*NOTE: While in the Waking screen, if you fall back asleep the sleep tracker will continue and the "Sleep ..zz" message will reappear at the top. Total sleep time will not update.*

## HEART RATE

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



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

## 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:

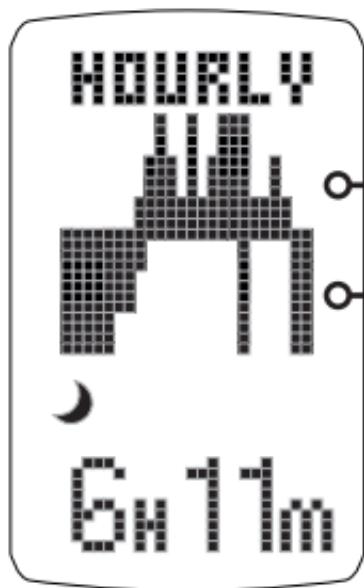
distance, calories, steps, sleep\*

## 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

*\*Available only on C410*

## WEEKLY DISPLAY

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



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

### START/STOP

Press to browse through the past 7 days

### VIEW

Press to view:

distance, calories, steps, sleep\*

## WORKOUT MODE

Records data from an individual workout.



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

### **START/STOP**

Press to start/stop recording your workout

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

### **VIEW**

Press to view:

distance, calories, steps



Email: support@LifeTrakUSA.com

Website: [www.LifeTrakUSA.com](http://www.LifeTrakUSA.com)

Phone: 1-855-903-9030

Mail:

LifeTrak  
39962 Cedar Blvd, Ste 285  
Newark, CA 94560

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by LifeTrak is under license. Other trademarks and trade names are those of their respective owners.

Copyright © 2014 Salutron, Inc. All rights reserved. Duplication or copying of all or part of this manual without the express written consent of Salutron, Inc. is prohibited.