



FIRST STEPS

striiv↑

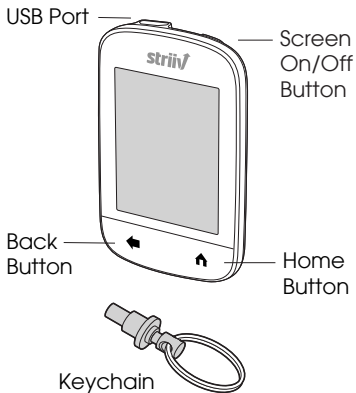


**Walk to lunch.
Take the stairs.
Go shopping.**

Transform any moment
into an opportunity
to get fit, have fun,
and give back.



Striiv at a glance





USB Port

Plug in the micro-USB cable to charge or synchronize with your computer.

Screen On/Off Button

Press to turn the screen on or off. Hold for 20 seconds to power down the device. Press again to restart.



Home Button



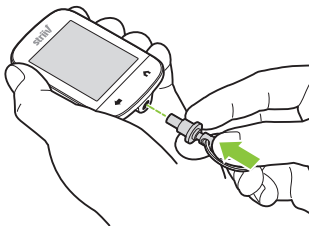
Press to view the Home screen. Press again to switch to the App screen.

Keychain

Attach Striiv to your keychain to carry it with you through the day.

Back Button

Press to display the previous screen or exit from any screen.



Attach the keychain to Striiv

1. Hold the keychain firmly, then squeeze thumb and fingers together as shown.
2. Insert the keychain all the way into the Striiv opening and release to lock.

Take Striiv with you

The Striiv device is small and designed to easily carry on your keychain, belt loop, pocket, or bag so it's always with you.



In pocket



On chain

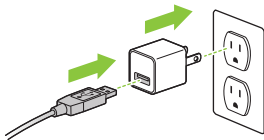


In bag

Striiv TruMotion™ technology is always on even when the screen is asleep — accurately measuring your walking, running, and even stair climbing.

Charge Striiv two ways

1. Connect your Striiv device to your computer with the included micro-USB cable.
2. Connect your Striiv device into the wall charger, then plug the charger into the power outlet.



Plug in for more features

Your Striiv works right out of the box without the need for a computer.

However, plug Striiv into your computer to take advantage of software updates, data backup, and the ability to participate in Striiv Walkathons.



Mac

OS X v.10.5
32-bit only,
v.10.6-10.7
32-bit or 64-bit

Windows

Windows 7
or Vista 32-bit
or 64-bit, XP
32-bit only

*We recommend an
Internet connection of
DSL quality or better.*

Get started

If you don't have a computer, skip to step 3.

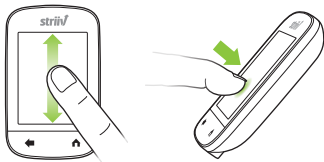
1. Go to **www.striiv.com/download** and install the Striiv Sync application on your computer.
2. Connect Striiv to the USB port on your computer as shown on page 7.
3. Press the Screen On/Off button and follow the on-screen instructions.



Using Striiv

Press Firmly

The Striiv touch screen is designed to work with your fingertip or fingernail. To scroll, press firmly up or down. To select an item, press firmly on the item.



Learn with Built-In Tutorials

Striiv tutorials teach you how to use the device — guiding you through each feature, game, and challenge.



We're on this journey together.

If you need help with Striiv or have any questions, concerns, or suggestions, we'd love to hear from you.

ON THE WEB

striiv.com/customer-care



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CALL US TOLL FREE

1-855-WeStriiv (1-855-937-8744)

FACEBOOK

striiv.com/facebook

TWITTER

@striiv



GET FIT
HAVE FUN
GIVE BACK

striiv↑