

**bewellconnect**

# MyCoach QUICK STEP

BW-F17

## Contenu

Content - Bevat - Incluye - Enthält



1 Tracker d'activité, 1 Dongle de rechargement USB, 1 Clip de ceinture et 1 Bracelet en silicone

1 Activity tracker, 1 USB charging dongle, 1 Silicone wristband and 1 Silicone belt clip

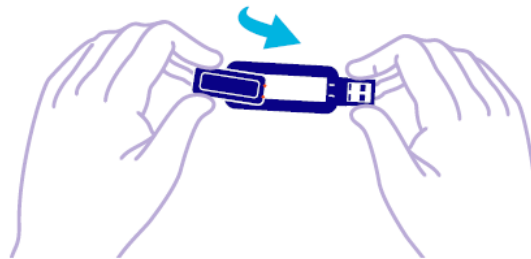
1 Activiteitstracker, 1 Oplaadbare USB dongle, 1 Silicone armband en 1 Silicone riemclip

1 Monitor de actividad, 1 Adaptador USB de carga, 1 Brazaletes y 1 Pinza en silicona

1 Aktivitäts-Tracker, 1 USB Ladeadapter, 1 Silikon-Armband und Gürtelclip

## Chargement

Loading - Laden - Carga - Laden



## Bien porter votre tracker

Wear your tracker properly - Zorg dat u uw tracker correct draagt - Bien desgaste su tracker - Dein Tracker richtig tragen



## Bien utiliser votre tracker

Use your tracker properly - Gebruik uw tracker correct  
Bien utilizar su tracker - Dein Tracker richtig benutzen



Lors de la première utilisation, appuyez votre doigt sur le cœur de l'écran jusqu'à ce que celui-ci s'allume.

For the first use, put your finger on the heart on the screen until it lights up.

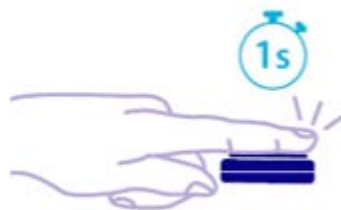
Bij het eerste gebruik: Plaats uw vinger plat op het scherm totdat dit oplicht.

En la primera utilización, pone el dedo en la pantalla hasta que se enciende.

Beim ersten Gebrauch, drücke auf dem Bildschirm mit dem Finger flach, bis es anschaltet.

## Changer l'affichage

Display switching - Wijzigen van de schermweergave  
Cambiar la vista - Display ändern



**ECRAN PRINCIPAL**  
Main screen - Hoofdscherm  
Pantalla principal - Hauptbildschirm

**8963**



**NOMBRE DE PAS**  
Steps - Stappen - Pasos - Schritte

**12:34**



**DURÉE D'ACTIVITÉ**  
Active time - Durée d'activité  
Durée d'activité - Durée d'activité

**50%**



**OBJECTIF**  
Goal - Objectieve - Objetivo - Ziel

**426.2** kcal



**CALORIES BRÛLÉES**  
Calories - Calorieën - Calorías - Kalorien

**6.2** km/h



**VITESSE ACTUELLE**  
Speed - Vitesse - Vitesse - Vitesse

**15.45** km



**DISTANCE PARCOURUE**  
Distance - Afstand/distancia - Strecke

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment..

..

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation..

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:..

- Reorient or relocate the receiving antenna..
- Increase the separation between the equipment and receiver..
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected..
- Consult the dealer or an experienced radio/TV technician for help..

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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation..