

User's Guide

- Calories consumed & burned again
- daily calorie target
- interval walking timer
- advanced heart rate and time features

UPPER MID button

MODE/ LIGHT button
switches display between day/night

START/ SPLIT button
increments selected value, starts stopwatch

STOP/ - button
decreases selected value, stops stopwatch

SET button
changes settings without display

LOWER MID button

1 **TIME & DATE**
• Displays time and date

2 **CALORIES**
• Displays Next Calorie intake
• Enter Calorie intake

3 **STOPWATCH**
• Time your workouts or other activities

4 **TIMER**
• Count down timer for workouts and other activities, 3 timer modes including a Walk/Run timer

5 **HEART RATE RECOVERY**
• Measure your heart rate recovery—a good indicator of fitness level

6 **RESTING HEART RATE**
• Measure and display your Resting Heart Rate

7 **MY MIO**
• Set your personal data and weight management goal

8 **ALARM**
• Set 2 daily alarms and hourly chime

1. Hold **SET** button until beep (2 seconds)
2. Value **prog** like setting will flash
3. Press **+** button to increase value, press **-** button to decrease value
4. When value is adjusted, press **SET**
5. Repeat steps 2 to 4 until all settings are complete.

Note: To exit before all settings have been adjusted, press **ESC** button. Press **ESC** button again to save changes. The **SDP001** will cancel and reboot.

- Hold SET until beep (2 seconds). REAR digits flash.
- Press + or - to reach correct year. Press SET.
- Do the same to select MONTH, DAY, HOURS, MINUTES, 12/24-HOUR CLOCK & US/European DATE settings.
- To stop making changes at any time, press MODE, then press START/SP/LT/+ to save changes or STOP/- to cancel.

MiO uses your personal information in estimating your Maximum Heart Rate, Calorie expenditure and Daily Calorie Target.

- Press **MODE** 8 times to go from TIME to MY MiO.
- Hold **SEL** until beep (2 seconds). Letters for NAME blink.
- Press + or - to scroll to desired letter. Press **SEL**. Repeat for

Lifestyle	Description
Sedentary (SEDO)	You sit most of the day at work and at home. You drive or ride in a car to get around.
Moderately Active (MOAC)	You are more active at work and at home; you ride to work, use stairs, do housework.
Very Active (VERY)	You are very physically active at work and at home, performing strenuous physical work and/or competitive sports, exercise.

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TO SET ALARMS

- Hold SET until beep (2 seconds). Alarm 1 appears.
- Press + or - to change between ON and OFF. Press SET to select.
- If ON is selected, press + or - to adjust MINUTE. Press SET.
- Do the same for MINUTES. Press SET to move to Alarm 2.
- Repeat for Alarm 2. Press SET to move onto Chime.

- After Alarm 1 and Alarm 2 settings (above) the display will move on to Chime.
- Press + or - to change ON or OFF. Press SET to select.

- To stop making changes at any time, press the **MODE** key.
- Press **START/SPLOT+** to save or **STORY-** to cancel.
- Bell icon and/or Chime icon will show if function is activated.
- To return to **TIME**, press **MODE** once.

- For the most accurate reading, set this function to sleep your first waking up in the morning (without an alarm clock), until then, use the default resting heart rate (70 BPM).
- Press MODE 5 times to go from TIME to RESTING HEART RATE.
- Place two-finger pads on the HRG Sensors as described in Section 4. Heart Rate blinks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 3 times.

- Record your heart rate while you exercise, but particularly when you increase or decrease the intensity of your workout, for a more accurate calorie expenditure. (See section 6, *Take Your Heart Rate*.) After your heart rate & percentage of maximum heart rate appear, the number of calories burned since starting the stopwatch will appear.

TO CHECK YOUR SPLIT TIME
Press **START/SPLIT** while the stopwatch is running. You

2. Place index finger on the metal UPPER MIO sensor and thumb on LOWER MIO button.

2. Press down gently on the button to activate MIO sensors. Heart icon will flash. Thumb must be in contact with metal plate surrounding button.

3. Wait for Heart Rate readout (4-7 seconds). Your Mio will beep to let you know that the reading is ready.

Heart rate appears in beats per minute (BPM). The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%). MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 25 BPM. You will return to the previous mode 5 seconds after retirement your finger pad from the MIO sensors.

TROUBLESHOOTING POINTERS

1. If you don't get your heart rate within 10 seconds, moisten your finger pads & try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch & your arm. Or, you can pre-moisten the back of the watch.
2. To optimize readings, occasionally clean the back of your MIO case and the metal UPPER and LOWER MIO sensors with a clean soft cloth.
3. If MIO's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the rate of change is too high, it may be time to RE-CHARGE MIO'S BATTERY on the other side.

Mio Shape Watch Manual

Arturo Cuomo



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