mio Shape Elite



B. MODES OF OPERATION

Pyens MODE to move to the next mode



TIME & DATE

- Displays time and date



258 1456

39-34 21

51

6-35

CALORIES

- Drisplay Net Calorie intake - Ember Callorie instalke

STOPWATCH

Time your workouts or other activities.

TIMES

and other activities, 3 timer modes including a Walkylon timer

- Measure your meant Rate Recovery-a good indicator of REmesis Sevel

RESTING HEART RATE

- Measure and display your Resting Heart Rate

HEART RATE RECOVERY



MY MIO

- Set your personal data and

weight management goal. ALC RESIDE

Set 2 daily alarms and hourly chime

in all modes you can set/redit the values by following.

- 1. Hold SET button until beep (2 seconds)
- 2. Value you are setting will flash
- 3. Press + button to increase value, press button to decrease value
- 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 the MODE button and then START/SPL/T/v to save your changes or Shorty- to cancel your changes.

C. SET TIME & DATE

- Hold SET until beep (2 seconds), YEAR 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/SPLITI» to save changes or STORY- to cancel

D. SET MY MIO

PERSONAL DATA AND WEIGHT MANAGEMENT

MIC uses your personal information in estimating your Maximum Heart Rate Calonie expenditure and Daily Calonie Target

- Press MODE 6-times to go from TIME to MY MIO.
- Hold SET until beep (2 seconds). Letters for NAME blink - Press + or - to scrall to desired letter Press SET Repeat for

A. MIO Shape Elite AT-A-GLANCE



Diarry Carlome Targett mesournment in progress



- Do the same for WEIGHT, units ILB for pounds or KG for kilograms), GENDER, BIRTH YEAR and BIRTH MONTH.
- Enter your ACTIVITY LEVEL (Sedentary, Moderate or Very
- Active) based on the description below that best matches your regular activity.

Determine from the table the regular activity you engage in at home & at work. Do not include exercise sessions

Lifestyle	Description
Sedentary (SED)	You sit most of the day at work and at home. You drive or ride in a car to get around.
Mioderately Active (MOCS	You are more active at work and at home, you ride to work, use stairs, do housework.
Wery Active (VERY)	You are very physically active at work and at home, performing stremuous physical labor such as construction work.

and - buttons. For example, if your goal is to lose 1 to per week then use the - key to decrease the Goal to -1.0. Press. SET to enter the adjusted amount Note: To lose weight use a negative (-) goal, to gain weight.

- Adjust your Weekly Weight Change Goal using the -

une a positive (+) goal.

- Accept your default Daily Calonie Target (which is based on your weight, activity level, and weekly weight change goal) by pressing SET or adjust this value using the + and - keys, pressing SET to accept each-digit.

(For more information on Weight Management refer to Selections at 3

 To stop making changes at any time, press MODE, then press START/SPLIT/+ to save changes or STOPy- to cancel. To neturn to TIME, press MODE 2 times

E. SET ALARMS & HOURLY CHIME

Press MODE 7 times to go from TIME to ALARM.

TO SET ALARMS

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

TO SET MONIBLY 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.

FOR ALARMS & CHIME

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

F. SET RESTING HEART RATE

For the most accorate reading, set this function when you first wake 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. START BARTES
- Place two finger pads on the MrD Sensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.

To neturn to TIME, press MODE 3 times

G. USING THE STOPWATCH

Pivess MODE 2 times to go from TIME to STOPWATCH

TO CALCULATE CALORIES BURNED

- Press START/SPLITV+ to begin your workout. The stopwatch will begin counting
- 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 H. 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

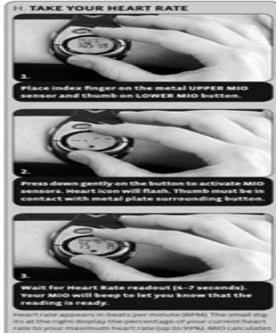
To pause your workeut gress STORY-, press START/SPLIT/» Sales and the State of the Local Control of the Loc

- Press STORy- when you finish your workout
- Press STOPy- again to view a workout summary showing Stopwatch time and Calories burned. These calories will be automatically subtracted from your NET CALDRIES IN
- · Press and hold STORy button for 2 seconds to reset stopwatch and calonies burned back to zero.

To return to TIME, press MODE 6 times.

TO CHECK YOUR SPLIT TIME

· Press START/SPLIT/- while the stopwatch is running. Your split time will display for 2 seconds. (The stopwatch keeps running in the background, then gives back to the regular stopwatch display after the 7 seconds)



this percentage using your personal data A maximum heart rate is an estimate with a variability of up to 25 6PM.

you will return to the previous mode 5 seconds after ring your finger pads 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. Do not press too hard on sensors.
- 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
- If MIO's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the face is blank, replace MIO's battery (see Section TO CHANGE MIO'S BATTERY on the other sides

Mio Shape Watch Manual

Arturo Cuomo



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