

# mio Shape Elite

## User's Guide



- Calories consumed & burned against a daily calorie target
- Real Interval Walk/Run timer
- Advanced heart rate and timer features

## B. MODES OF OPERATION

Press MODE to move to the next mode.



In all modes you can set/edit the values by following these steps:

- Hold SET button until beep (2 seconds).
  - Value you are setting will flash.
  - Press + button to increase value, press - button to decrease value.
  - When value is adjusted, press SET.
  - 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/SPLIT/+ 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/SPLIT/+ to save changes or STOP/- to cancel.

## D. SET MY MIO

### PERSONAL DATA AND WEIGHT MANAGEMENT

- MIO uses your personal information in estimating your Maximum Heart Rate, Calorie expenditure and Daily Calorie 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 scroll to desired letter. Press SET. Repeat for

## A. MIO Shape Elite AT-A-GLANCE



To use light, hold the MODE/LIGHT button until light comes on (2 seconds). Light will stay on for 5 seconds. Press any key for additional 2 seconds, as many times as desired.

## UPPER MIO sensor

MODE/  
LIGHT  
button  
switches modes,  
turns on back  
light

## SET

button  
changes settings  
within mode

## LOWER MIO button

START/SPLIT/+  
button  
switches selected value,  
starts stopwatch

STOP/-  
button  
switches selected value,  
stops stopwatch

- Do the same for WEIGHT, units (LB 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 (SEDO)	You sit most of the day at work and at home. You drive or ride in a car to get around.
Moderately Active (MOD)	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 labor such as construction work.

- Adjust your Weekly Weight Change Goal using the + and - buttons. For example, if your goal is to lose 1 lb per week then use the - key to decrease the goal to -3.0. Press SET to enter the adjusted amount.

Note: To lose weight use a negative (-) goal, to gain weight use a positive (+) goal.

- Accept your default Daily Calorie 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 section K.)

- To stop making changes at any time, press MODE, then press START/SPLIT/+ to save changes or STOP/- to cancel. To return 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 & OFF. Press SET to select.
- If ON is selected, press + or - to adjust HOUR. Press SET.
- Do the same for MINUTES. Press SET to move to Alarm 2.
- Repeat for Alarm 2. Press SET to move onto Chime.

### TO SET HOURLY 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/SPLIT/+ to save or STOP/- to cancel.
- Bell icon and/or Chime icon will show if function is activated. To return to TIME, press MODE once.

## F. SET RESTING HEART RATE

- For the most accurate 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 HEART RATE.
- Place two finger pads on the MIO Sensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 3 times.

## G. USING THE STOPWATCH

Press MODE 2 times to go from TIME to STOPWATCH

### TO CALCULATE CALORIES BURNED

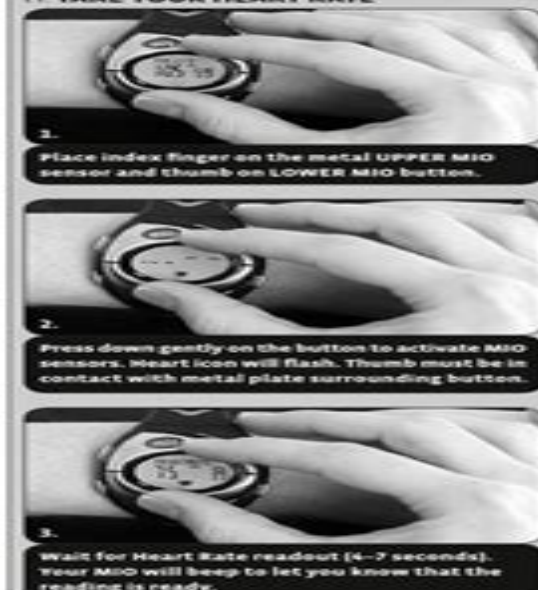
- Press START/SPLIT/+ to begin your workout. The stopwatch will begin counting.
- Record your heart rate while you exercise, but particularly when you increase or decrease the intensity of your workout, for a more accurate calorie expenditure. (See section H. Take Your Heart Rate.) After your heart rate & percentage of maximum heart rate appear, the number of calories burned since starting the stopwatch will appear.

- To pause your workout press STOP/-, press START/SPLIT/+ to resume.
- Press STOP/- when you finish your workout.
- Press STOP/- again to view a workout summary showing Stopwatch time and Calories burned. These calories will be automatically subtracted from your NEXT CALORIES IN.
- Press and hold STOP/- button for 2 seconds to reset stopwatch and calories 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 5 seconds. (The stopwatch keeps running in the background, then goes back to the regular stopwatch display after the 5 seconds.)

## H. TAKE YOUR HEART RATE



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 removing your finger pads from the MIO Sensors.

### TROUBLESHOOTING POINTERS

- 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 before a layer of moisture to build up between the back of the watch & your arm. Do not press too hard on sensors.
- 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 D. CHANGE MIO'S BATTERY on the other side).



# Mio Shape Watch Manual

**M Mark**





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