

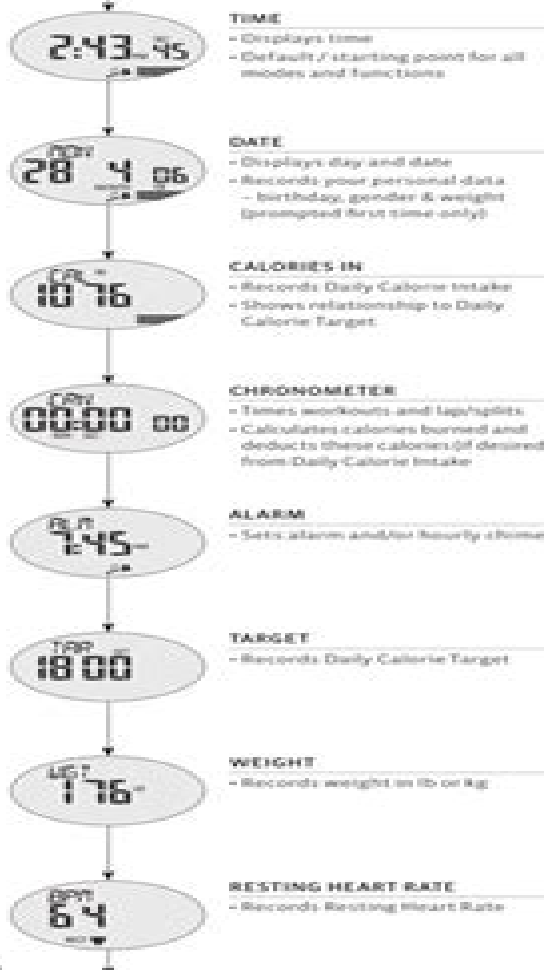
mio Classic SELECT

User's Guide for all MIO Classic SELECT and Classic SELECT Petite models

- set your daily calorie target
- enter calories consumed for running daily total
- get your heart rate without a chest strap
- track calories burned during a workout

C. MODES OF OPERATION

Press **MODE** to move to the next screen.



A. MIO Classic AT-A-GLANCE



- How to operate SET button**
Whatever mode you are in, use the SET button to program your personalized settings:
1. Hold SET until watch beeps (2 seconds).
 2. The value you are setting will flash.
 3. Use + to increase value and - to decrease value.
 4. When value is correct, press SET again.
 5. Repeat as needed.
 6. When finished, hold SET until watch beeps (2 seconds).

To use **Light**: Press **LIGHT**. Light will stay on for 7 seconds.

D. SET TIME

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes, seconds and AM / PM values.
- To stop making changes at any time, hold SET until watch beeps. New settings will be stored.

E. SET DATE

- Press **MODE** once to go from **TIME** to **DATE**.
- Hold SET until watch beeps (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, date and weekday. Repeat process for birth year, birth month and birth day. Repeat process for male / female icon.
- To stop making changes at any time, hold SET until watch beeps.
- To return to **TIME**, press **MODE** 7 times or wait 60 seconds.
- If checking the date from the **TIME** mode, press **MODE** once. MIO will return to **TIME** automatically after 30 seconds.

F. SET HOURLY CHIME & ALARM

- Press **MODE** 4 times to go from **TIME** to **ALARM**.
- Press SET:

 1. Time to turn on **HOURLY CHIME** (music icon) only.
 2. Time to activate **ALARM** (bell icon) only.
 3. Time to turn on both **HOURLY CHIME** and **ALARM**.
 4. Time to turn off both **HOURLY CHIME** and **ALARM**.

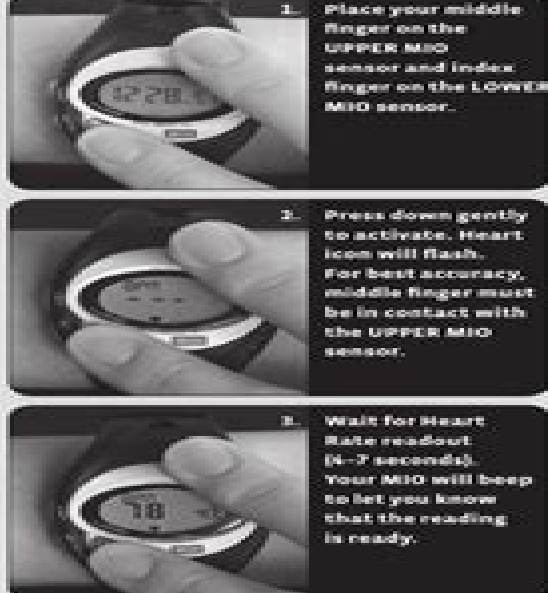
TO SET ALARM

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.
- To return to **TIME**, press **MODE** 4 times or wait 60 seconds.

G. SET WEIGHT

- Press **MODE** 6 times to go from **TIME** to **WEIGHT**.
- Hold SET until watch beeps (2 seconds). LB or KG blinks.

B. 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 15 BPM.

You will return to the previous mode 5 seconds after removing your finger pads from the MIO Sensors.

TROUBLESHOOTING POINTERS

1. If you don't get your heart rate within 30 seconds, moisten your finger pads & try again. In help 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 **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 face is blank, replace MIO's battery (see Section K on the other side).

- Press + or - to select **LB** or **KG**. Press SET.
- Weight digits blink. Press + or - to reach correct weight.
- Hold SET until watch beeps (2 seconds).
- To return to **TIME**, press **MODE** 2 times or wait 60 seconds. MIO calculates calories burned during exercise based on your age, gender, weight and resting heart rate. Update your weight regularly for the most accurate MIO calculation.

H. 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** 7 times to go from **TIME** to **RESTING HEART RATE**.
 - Place fingers on the MIO sensors as described in section B. The **REST** and heart icon will blink. Your resting heart rate should appear within 5-7 seconds, setting automatically.
 - To return to **TIME**, press **MODE** once or wait 60 seconds.

Mio Classic User Guide

Lesley Henderson, Sarah M. Hall



Mio Classic User Guide:

The Top Books of the Year Mio Classic User Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. Mio Classic User Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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