ACTOFIT

PRODUCT MANUAL

Table of
Content

Know
About us

Actofit redefines what fitness trackers can do. We are a team of tech and fitness enthusiasts building the next generation fitness tracker and the technologies around it. Building the most advanced exercise and activity recognition platform, we have a strong machine learning core background combined with an equally strong skillset in biosensing technologies. With immense applications in fitness, sports, wellness and health, we aim to provide actionable insightful data to enable users to make information driven decisions and lead more satisfied lives.

Whats in the Box ?

The box contains :

    - Actofit Fitness tracker.
    - USB charger.

Actofit Fitness tracker

USB c harger

Know your tracker.

- Navigational Areas
  As shown in the image 3, there are 3 touch zones on your Actofit Fitness tracker.
- B1- selection.
- B2-scroll down.
- B3-scroll up.

(**B2 and B3 only functions when the screen is lit. The screen is lit either by pressing B1 or flicking the wrist.**)

B3

B1

B2

Initial setup of Actofit fitness tracker.

1. Plug-in the Actofit Fitness tracker for charging using the cable provided with the tracker. Charge the tracking device till Actofit band is fully charged.
2. Download the Actofit Fitness tracker mobile app from either Google Playstore or App Store depending on your mobile device.
3. Access the Actofit Fitness tracker mobile app from your mobile device.

4. Log in via your **Google** or **Facebook** account to create your Actofit profile. Image 4

5. Wear the Actofit Fitness tracker on your **LEFT WRIST** preferably as we are tracking your activities from your left arm orientation.

6. The mobile app will now scan for the Actofit Fitness tracker. Image 5

"Please Sync Wearable" ⟳ screen will be shown when the user touches navigational area B1, if the device is not paired with the Actofit Fitness tracker mobile app.

7. Sync the device with the Actofit Fitness tracker mobile app. When the tracker is connecting with the app, the fitness tracker will vibrate once to confirm connection. Image 6

8. After the device syncs with the Actofit Fitness tracker mobile app, the dashboard screen will appear and the 24 hrs data can be updated by hitting the sync icon ⟳ on top right. Image 7
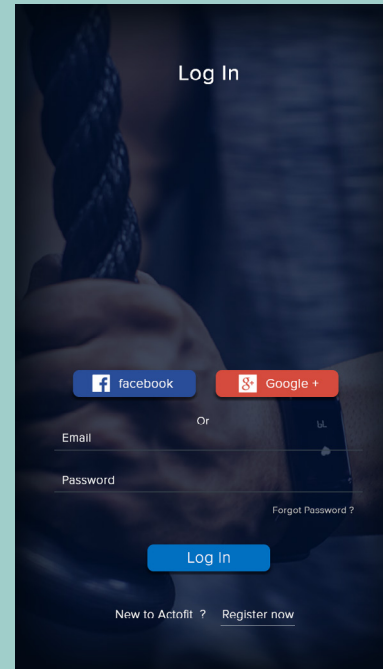
Image 4

Log In

facebook   Google +

Or

Email

Password

Forgot Password ?

Log In

New to Actofit ?   Register now

Image 5

ACTOFIT

Scanning for Devices

0053 - Actofit

My Band

Skip

Image 6

ACTOFIT

62%

Connecting My Band...

Image 7

ACTOFIT

Last Updated on 9th Jan

Cal	Steps	Distance	Sleep
1328 cal	9235	4.8 km	7 hrs

Resting HR 58 BPM

Start New Workout
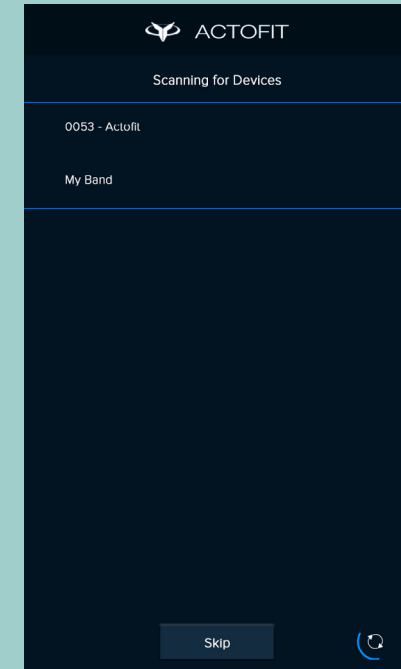
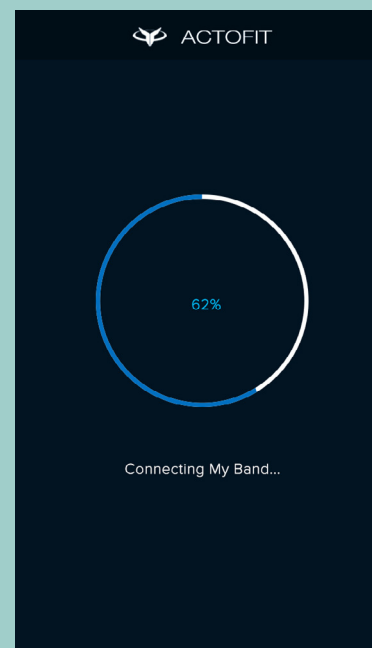Last Session at 28th Jan
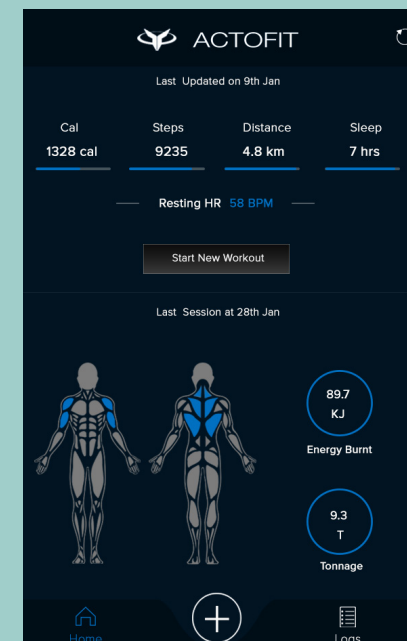
89.7 KJ
Energy Burnt

9.3 T
Tonnage

Home   Logs

Know your Actofit Fitness tracker.

- Navigational modes

1. **Time mode :** Displays time in the format currently used by your mobile device. i.e. 12/24 hrs format. Pressing B1 key at time mode will display the date, month, day.
2. **Step counter :** Counts the number of steps taken by the individual.
3. **Heart rate :** Displays your Heart rate.
4. **Distance :** Displays the distance travelled for the time, the tracker was worn.
5. **Calorie counter :** Displays the calories burnt for the time duration, the band was worn.
6. **Exercise mode :** Allows you to start and end the gym session from the band itself.
7. **Settings :** Used to control the functions of the band.

Know your Actofit Fitness tracker mobile app

1. The first screen is the dashboard of the Actofit Fitness tracker mobile app.   Image 7

- **Home** : Shows your 24 hrs data as well as the last workout summary.
- **Logs** : Allows you to see metrics of all your workouts in depth in a chronological order.

When you click the plus sign on the dashboard, it will show the :   Image 8

- **Settings** : Allows you to change goals, target, profile and pair /unpair the device.
- **Exercises** : Will show the database of exercises it is taught to track.
- **Analytics**: Will show a historical log of your previous workout logs.

Image 8
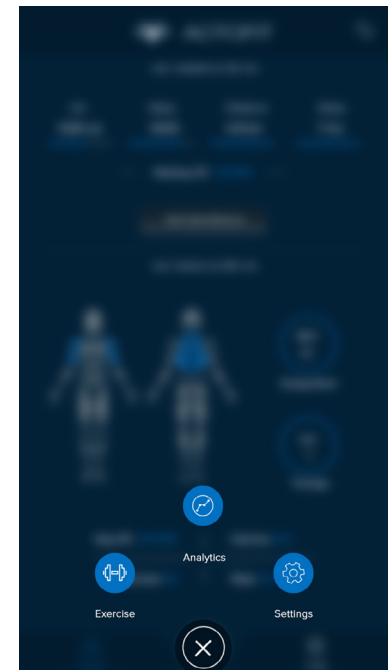
How to track your exercises using Actofit Fitness tracker ?

- Tap on "Start New Session".
- Timer on both the band and the app would start.
- You can start your workout.
- Perform a minimum of 5 reps of each set you perform of an exercise to allow Actofit to track .
- You can finish your tracking by tapping on "stop workout" on your mobile screen.
- You can even discard your session by tapping the back button twice on an Android, or by tapping the back icon on the top left of the app screen in iOS.

Note: By performing the above action, you will lose the entire session data.

- Once you finish your workout, select the desired database; universal or personalized database, and also select the muscle that was worked during the exercise.

Note: You cannot start exercise tracking if the battery level on your band is below 40%.

- Your session data will start getting processed and the progress bar will represent the progress. Generally should take between 1-2 mins for a 2 hours session to be processed.
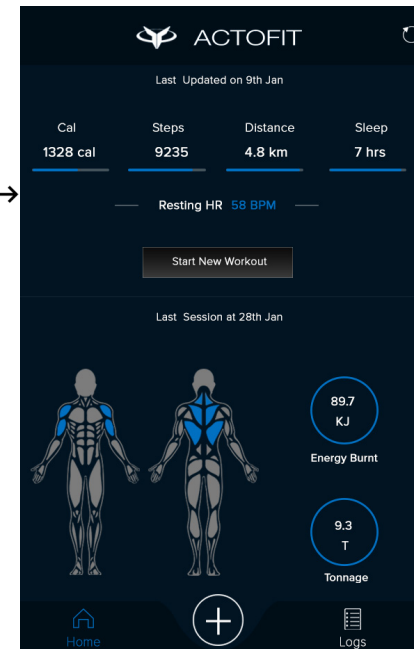
Image 7

Heart Rate →

← Start Workout

Image 8

Image 8

Select the Muscles
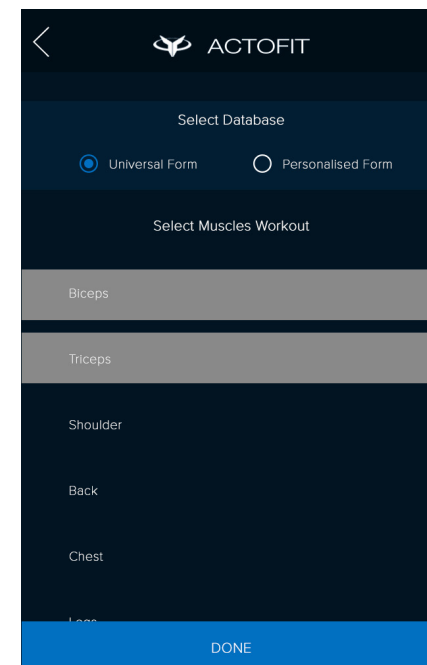

8

- Once completed, you can see your entire session and exercise log.
- Add weights by tapping on next to each set in "Exercise Log" to have an in-depth analysis of your workout. Image 9

Note: You can add weights DURING workout session ON YOUR TRACKER by navigating to icon on your Actofit Fitness tracker. You can do that by first clicking B1, then scrolling up by clicking B3. Press B1 again to enter weights section. You can change the weight by tapping or holding the B2 or B3 keys. Once you reach the desired weight, click B1. Please note that the weights you select will remain same for all exercise from here on until you go and change them for each set.

- Once you add weights, you will see this Graph icon next to each set. On clicking here, you can view details like, Peak Power, Peak Force, Peak Velocity, One Rep Max. Image 10

Image 9

Add Weight →   ← Graph Icon
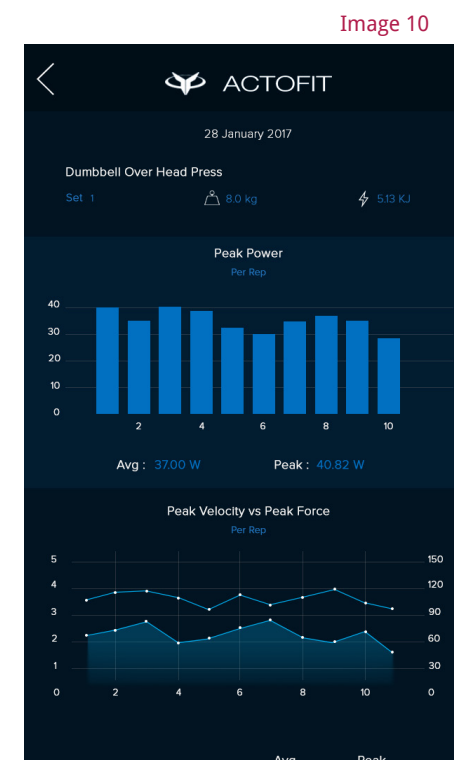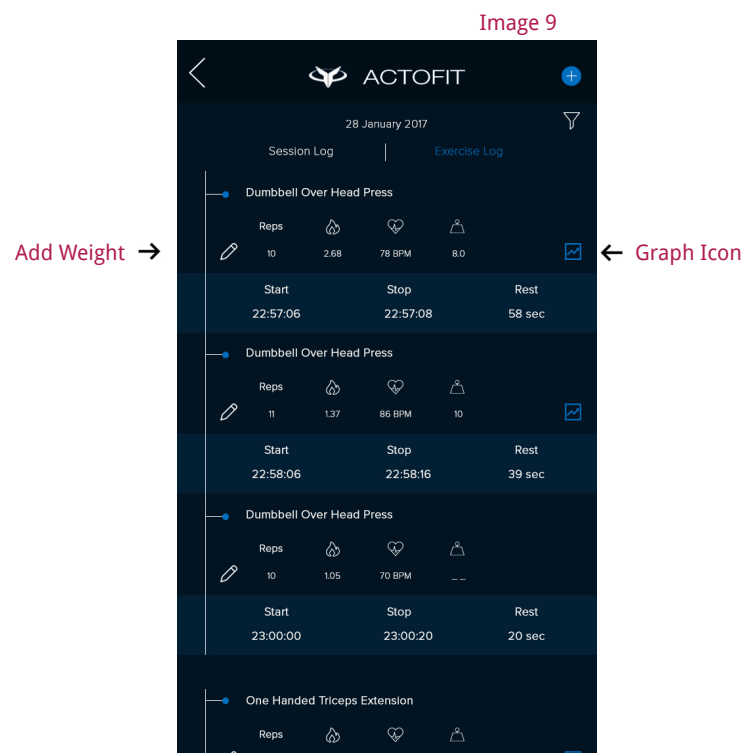
Image 10

What settings can be changed from the Actofit Fitness Tracker Band?

- Settings

- Bluetooth: On/Off

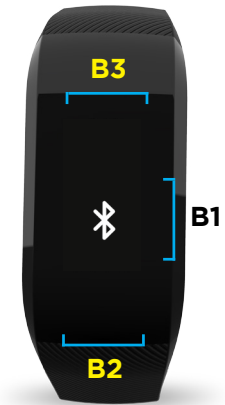Go to Settings > Bluetooth > Press B1 to turn on/off the Bluetooth on the band.

Image 11

- Alarms:
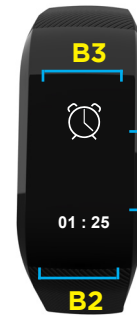
Image 11

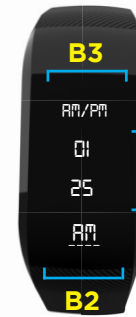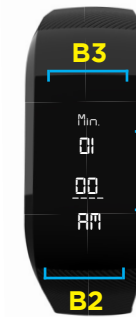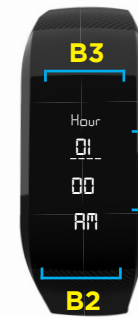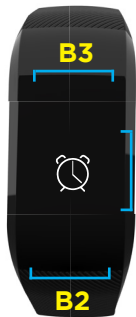- Display brightness: Dim/Bright

Go to Settings > Brightness > Press B1 to turn up/down the brightness on the band.

Image 12

Image 12

- Vibrations: On/Off
  Go to Settings > Alerts > Press B1 to turn on/off the Vibrations on the band.
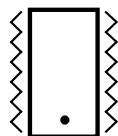
Image 13
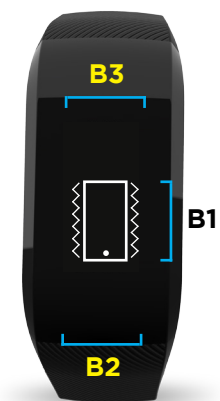
Image 12

Actofit Fitness tracker App settings

- Profile: Change personal profile dynamics.
- Goals & Alerts: you can set goals, activate or deactivate alerts
- Pair/Unpair your Device.
- Device Information: information such as app version, device firmware version, device battery level, Change device name, Tutorial/help.
- Create Backup.
- LifeLog mode.
- When you tap on the sync option on the app Dashboard, data of steps, calories, distance travelled, and heart rate is updated.
- When a certain goal is reached, the respective goal is encircled in orange; otherwise it is blue.

Image 14

12
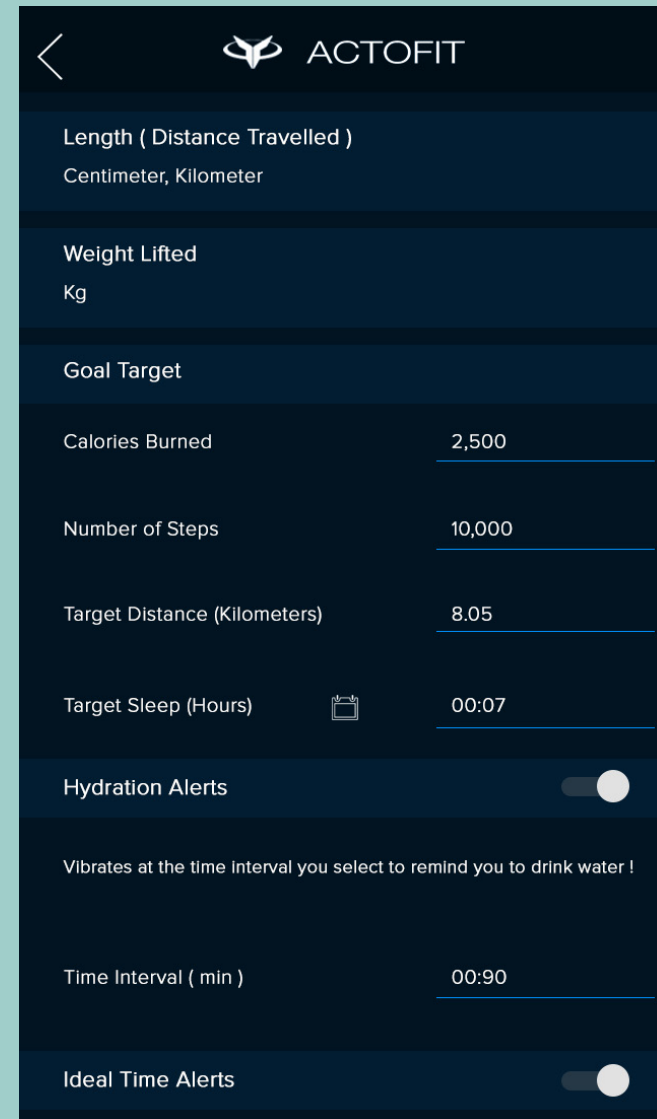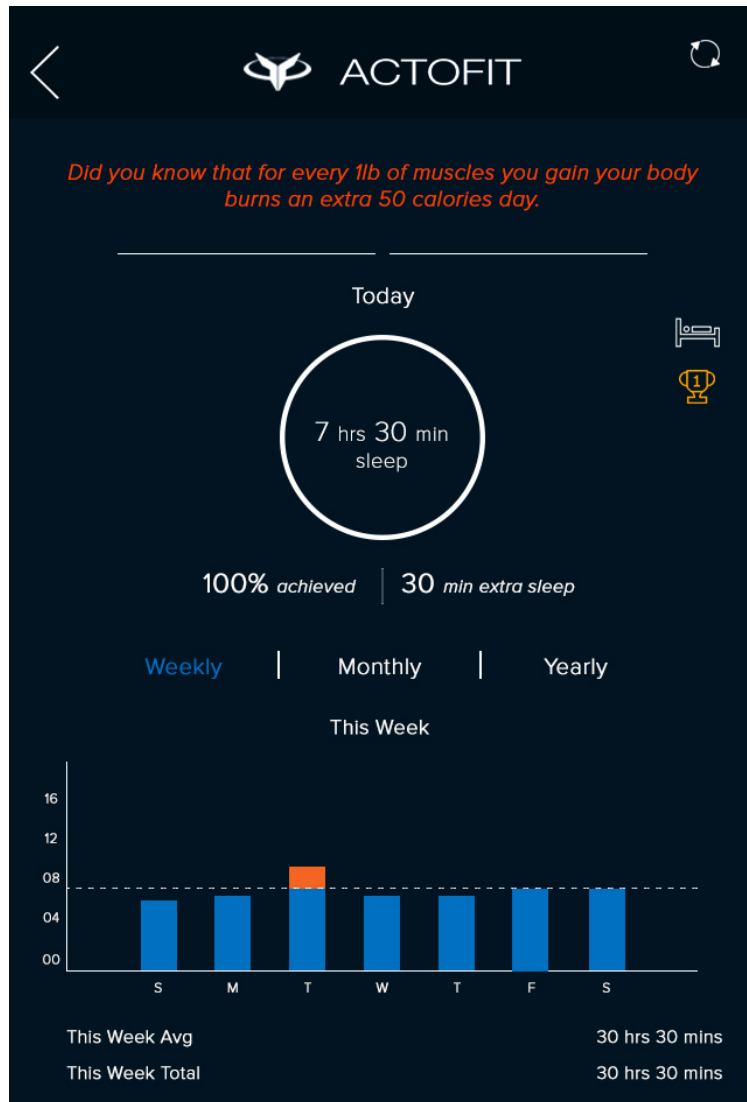
- • To view the Heart Rate data, tap on HR Icon on the top left corner.
- • Real time heart rate will be displayed on the screen. Scroll down to view the previous heart rate data.
- • Resting heart rate will be viewed only after syncing the sleep data. This will be displayed next to the resting heart Rate icon on the dashboard.
- • To sync sleep, please click on the sleep section on the dashboard. Once inside, please click on the sync icon on top left.

Note: Sync of sleep only happens through the sync icon on sleep section, not from the home page.

What's the difference between the Universal Database and Personalized Database?

Universal Database : We worked with expert trainers and recorded their form for each exercise in our list. So when you end a gym session and you select Universal Database, our system will compare your exercise form with our expert trainers form and predict which exercise you have done.

Personalized Database : Here you can train Actofit to record your own individual form for each exercise. By doing this you can improve the accuracy of your session result if accuracy is an issue while using Universal Database

Note: You can either choose the Universal Database or Personalized Database post session to track your results. If you choose Personalized Database, please ensure all exercise performed during the session are trained with your form.
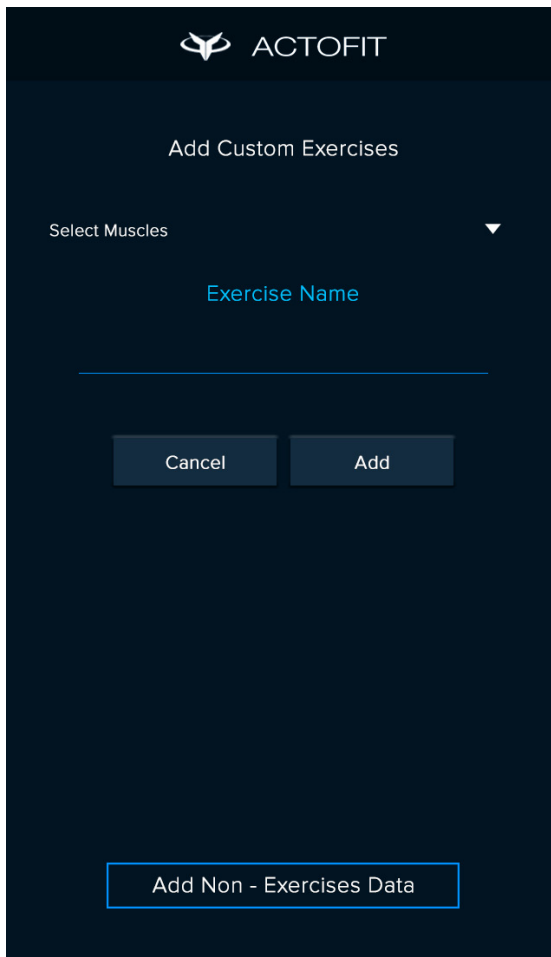
Image 16

How to train Actofit Fitness tracker mobile app to train to your specific exercise?

• Tap on plus icon to view the Exercise Icon to get this screen.
• Click Train next to each exercise. Image 16
• Perform 10 reps of the exercise you want to train and click (Stop Training). We will record your form for the exercise. This will help increase the accuracy of detection as compared to master database.
• Next to the Exercise you have trained, you will see "Training   "
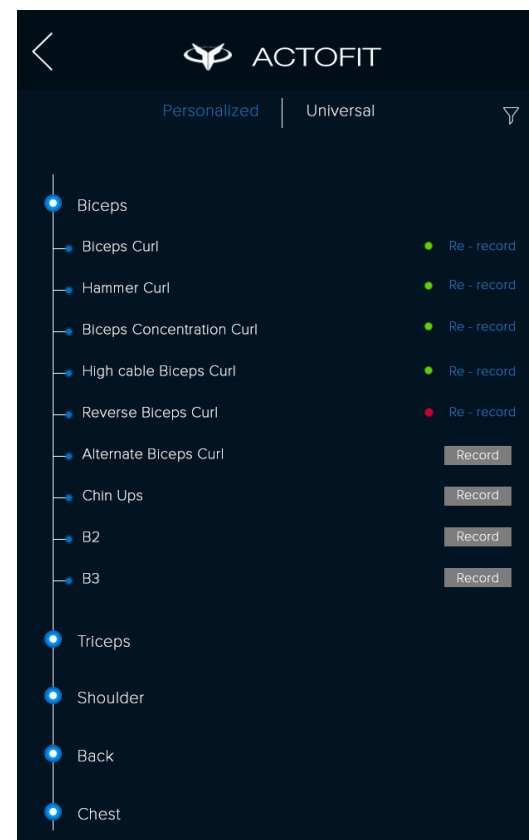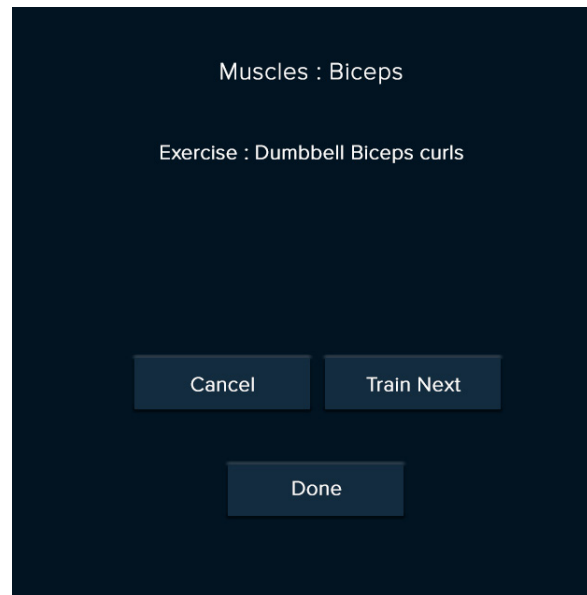
- Once training is complete, you will see % representation of the consistence of the reps you have performed and option to Re-Train the exercise. Image 16
- You can also ADD your own exercise, which are not mentioned in our database.
- To do this, Click the plus Icon, select the muscle group, enter the name of the exercise and click ADD. Image 17
- Now you will be able to view your added exercise under the muscle group.
- You can now, train (as explained above) your exercise and then track it.
- All the trained exercises you have trained will be displayed under "trained".

Image 17

Image 18

How to charge your Actofit Fitness tracker?

1. Use the USB charger provided with the tracker.
2. Attach the charger to the charging slot on the back side of the Actofit   Fitness tracker.
3. Now, plug the USB side of the charger cable to any USB female slot to start charging.

When to charge your Actofit Fitness tracker ?

You can place your fitness tracker for charging when there is an intimation for the same either on the Actofit Fitness tracker mobile app or on the band.

Where to wear the Actofit Fitness tracker?

You can wear the Tracker on the left wrist for the most comprehensive experience. Wearing it on the right hand may restrict some tracking results.

Hydration Alerts

- By default, the hydration alerts are active and will remind the user every 120 minutes to rehydrate by buzzing on the band.
- You can either deactivate these alerts or change the frequency of the alerts using the Actofit Fitness tracker mobile app.

Hydration Alerts	
Vibrates at the time interval you select to remind you to drink water !	
Time Interval (min)	00:90
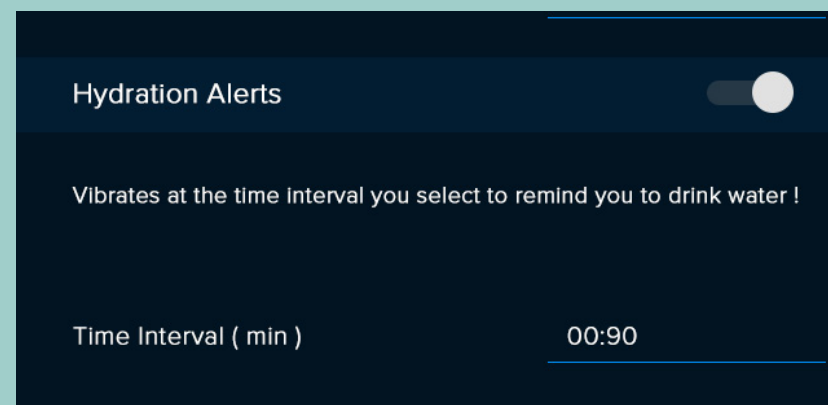
Idle Alerts

- These alerts are off by default.
- These alerts can be activated or deactivated using the Actofit Fitness tracker mobile app.
- You can set a stipulated duration in the app, after which the Actofit Fitness tracker will prompt you, by vibration to start moving.

Call, text, and calendar notifications

It is an option in the Actofit Fitness tracker mobile app that you can activate or deactivate on the Actofit Fitness tracker in the Notifications settings Under Settings option. Image 19
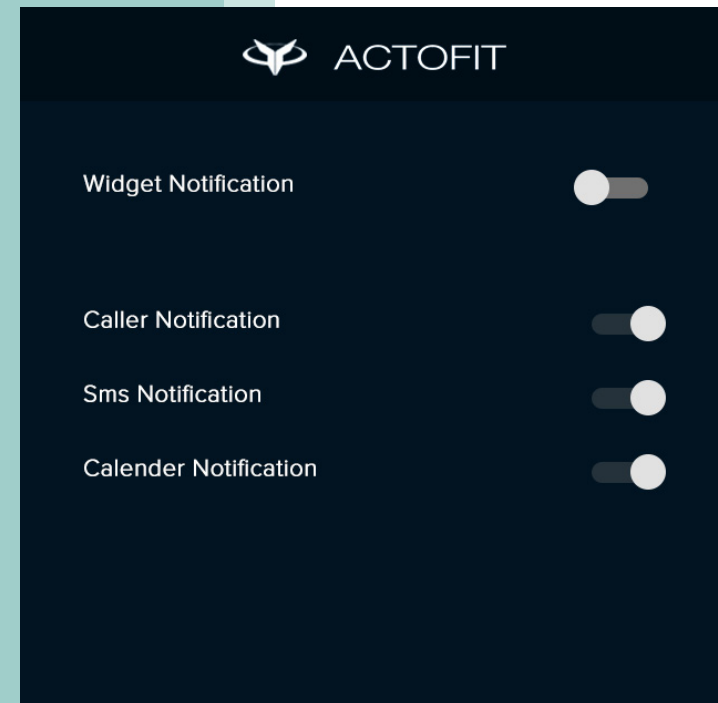
Image 19

Widget Notification

Caller Notification

Sms Notification

Calender Notification

Firmware update

- Update the Actofit Fitness tracker app from the play store/ app store.
- When a new firmware update is available, settings icon will notify with a blue dot on it.
- Tap on device information under settings menu and then tap on update firmware.
- Please ensure that your battery level on the band is above 50% to update firmware.
- Please ensure your band and app are in close proximity, connected and don't kill the app before the upgradation finishes.

General info and Specifications

- Wrist size ranging from 145mm to 195mm.
- OLED display- 0.91" 128X32.
- Wireless syncing with mobile devices via Bluetooth 4.0 BLE (2.4 GHz).
- 9-axis Motion sensors Accelerometer Gyroscope Magnetometer.
- Continuous & Real Time Heart Rate using Optical Heart rate sensors.
- Rechargeable Lithium-Ion Polymer, 3.7 V 150mAh Battery.
- Magnetic Proprietary USB charging cable. Total length: 25 cms.
- 8 MB Internal Memory for storing offline workout data.
- Touch Navigation.

Disposal and recycling information

- Do not dispose off your Actofit Fitness tracker with your household waste.
- Disposal of the packaging and the Actofi product should be in accordance to the local regulations.
- Batteries are to be disposed off separately and not with the regular municipal waste.

Manual Reset

Put the band on charging. Press the three buttons together for 15 seconds.

Analytics

As soon as you enter the Analytics section of the app, you can get a comparison of all the muscles that you've worked out on, which ones you've focused on more, the calories or the reps or the time spent on each muscle as compared to the others, what your average heart rate has been, or the total calories you've burned working out so far.

You can view this data over a period of weeks, months or a historic time phase of your choice.

To evaluate how each muscle has been worked out on, you can view the same data broken down to the granularity of each muscle or each exercise. You can compare all the exercises done, against the same parameters, or view each exercise in granularity to see what's working vs what's not; compare the weights that you've lifted for that exercise over the period, or how your heart rate has varied across the sessions and how that's affected performance, or what your exercise specific calorie burn is.

Make informed decisions with all the data that you didn't have before. Actofit keeps and maintains logs with the versatility, innovation and comprehensiveness that has never been done before.

19
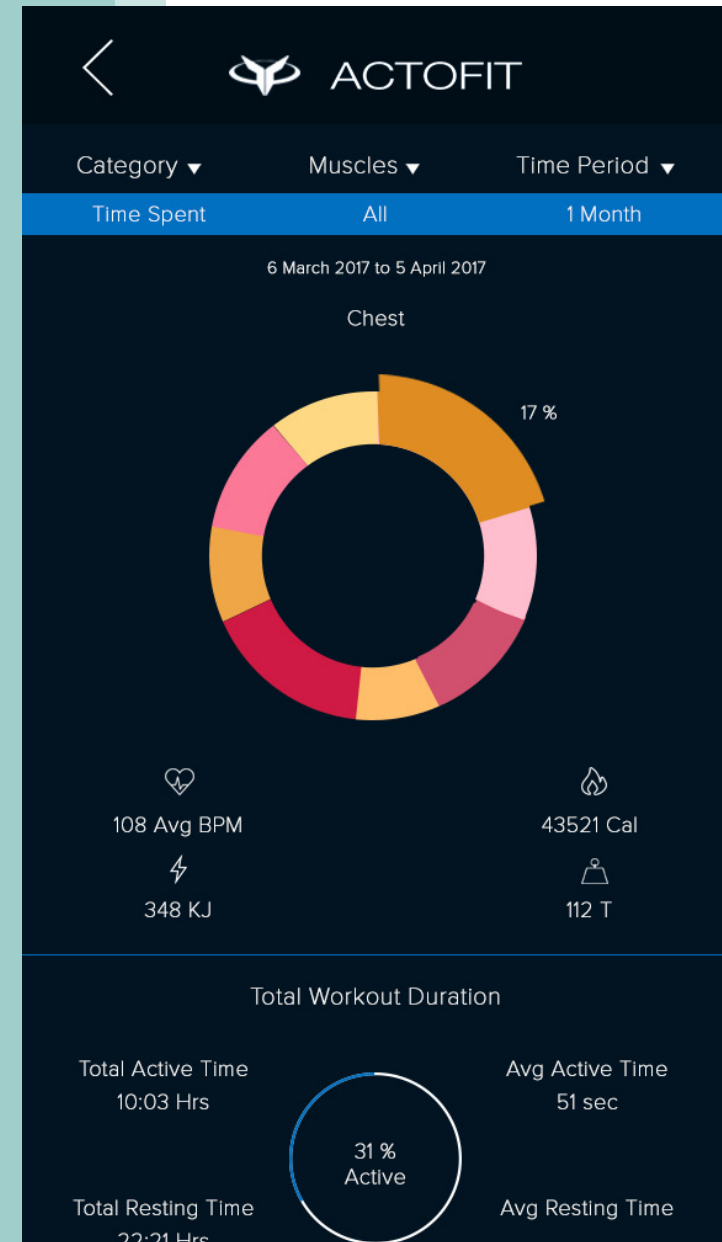
How to do an offline Session?

An offline session is when you don't have your phone with you and you want to record your workout data on the band to be able to sync it with your app later.

Image 21

Press **B1**

Go to Exercise > Gym and hit B1

Image 22

Press **B1**

Session starts being recorded when you press B1 from the Gym Screen. You can scroll up and down for :
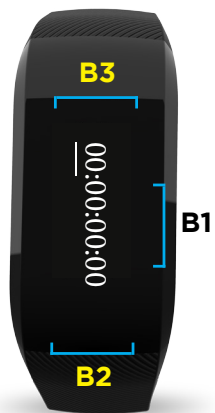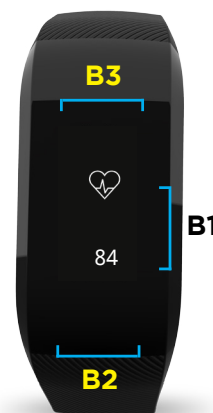**Duration, Heart rate, Weight, Stop Watch.** Press **B3**

Image 26

Image 25

Image 24

Image 23

Stop Watch : Press B1 to start and B1 to pause stopwatch between your sets to time your rest.

Weight : Press B1 to enter weight. Scroll up and down to select appropriate weight by pressing B1 before your set.

Heart Rate : See the real time HEART RATE anytime during your workout.

Duration : You can see the total session duration here.

Once you're done with your session, long press B1 (3 seconds) to end the session. Once ended, it will show your session summary.

Image 27

Image 28

Image 29

Press **B1**

Press **B1**

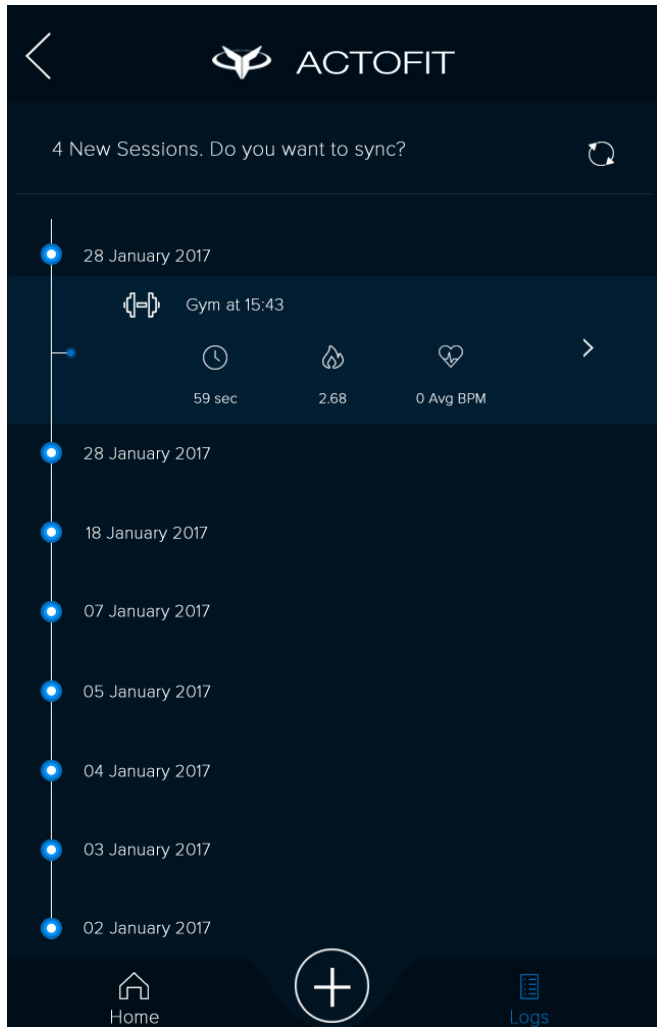**Session Summary**: Here you can view total duration of your workout, the average and peak heart rate.

Muscle Session: On this screen press b1 to select the muscles you worked out during the session. Once done, scroll **B3** and press back button

Press the back button.

Image 32

Image 31

Image 30

Press **B1**

Database selection: Select between personalised and universal database.

Now you ca easily sync the offline session by passing sync at the top right of the app.　　Image 28

Note: It takes 24 mins approx to sync 1 hrs offline session. Please ensure that phone and band is connected/ paired. And app is not killed during the process in bluetooth range.

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.*

2. *This device must accept any interference received, including interference that may cause undesired operation.*

FCC Caution:

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

FCC Statement:

"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."