mio MOTIVA PETITE

User's Guide

- . DOS accurate beart rate without a chest strap-
- **Putented Calerie**
- Management System + Personalized percent
- rate display - pape Caderie Countdown made

available online at



8 MODES OF OPERATION

Press MODE to move to the next mode.



TIME & DATE

· Display time, date, weekday and your name or initials.



Sett darly allares



NET CALORIES IN

- Display Net Calorie intake
- Enter Calorie intake



EXERCISE TIMES

· Exercise Timer for workputs and other activities, 6 timer modes including Walk/Non timer



HEART RATE RECOVERY

· Measure your Heart Rate Recovery -- a good indicator of Bitmess lievel



RESTING HEART RATE

 Measure and display your Besting Heart Rate



. Set your personal data and weight management goal

C. QUICK TIPS

SHIGHTCUTS

- To return to TIME from any mode, hold MODE for 2 seconds
- To go directly to EXERCISE TIMER from any mode press the STAKT button
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds

SET MODRES

de you are in, hold the SET button to

- amber it's SET mode: 3. Hold SET until beep (2 seconds)
- 2. Value you are setting will flash
- 3. Press + or to adjust the value
- To scroll automatically, hold + or -
- 4. When value is adjusted, press SET again
- 5. Repeat steps 2 to 4 as needed or hold SET for
- 2 seconds to exit the set mode

D. WAKING UP YOUR MIO

Your MIO may be in sleep-mode (with a blank display) when you first receive it.

- Hold START until you see blinking 12H or 24H to activate your MIO and start setting it up

- Setting time & date format. - Press + or - to taggle the format
 - a Tital a Tital and Tital state of the State
 - -34H 24 Hour color & DO/MAI date format
- Project SET to move to next setting - Do the same for tises, DATE, YOUR NAME, WEIGHT UNIT.
- WEIGHT, GENDER, BIRTH YEAR. THE REPORT OF THE PROPERTY OF

A. MIO MOTIVA PETITE AT-A-GLANCE





E SET TIME & DATE

Display shows Time, cycling through NAME, DATE, and WEEKDAY automatically. To-change TIME and DATE.

- Hold SET until beep (2 seconds). 13H or 34H blinks.
- · Press + or to toggle the TIME & DATE formus.
 - 52H 12 Hour clock (AM/PM) & MM/DO date format 24H + 34 Hour clock & DO/MM date format.
- Press SET to set HOUR.
- Press + or to select HOUR. To scroll quickly, hold + or Press SET.
- Do the same to select MIN
- + To reset seconds to zero press + or -. Otherwise press SET to move to next setting
- Use + or then SET to adjust YEAR, MONTH, DAY
- To stop making changes at any time, hold SET for 2 seconds.

F. SET MY MIO

MHO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section Lon ow to calculate your CALORIE TARGET and ACTIVITY LEVEL

- Press MODE 6 times to go from TIME to MY NOO.
- To make changes to your personal settings in MY MiO, hold SET until beep (2 seconds).
- The first letter of NAME will blink. Use + or to adjust. To scroll quickly, hold + or - Press SET to move to next letter.
- . Do the same for William's Unit, William's Gilleria Builties YEAR, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL
- For ACTIVITY LEVEL, ACT LO or Mill or HI will display. Please refer to section i. for the definition of each level
- -Feir WEEKLY GAIRL/LOSS GOAL LEVWK or KG/WK WIT draplay title + or - to adjust your weekly weight gain (+) or loss (-) goal. Then press SET.

For example, if your goal is to lose one pound per week, set the value to 4.0 To lose weight one a negative number, to gain weight one a positive number.

- Please note that it is not recommended to have weight change for more than 2 ib or 0.5kg per week, so the maximum gain/loss is limited to 2 lb or 0 lkg per week.
- To stop making changes at any time hold SET until beep (2) seconds). Your MiO will go directly to Daily Net Calorie TARGET.
- MISO will calculate your Darly Net Calonie TANGET based on your weight change goal and personal settings. The right-most digit of this TARGET will be flashing. To accept this calculated TARGET press SET 4 times to accept each digit of this target. If you would like to manually adjust this TARGET then use + or - and SET to adjust each digit. See Section L for more information on setting TARGET Daily Calories.

To neturn to TIME, press MODE.

G. SET ALARM

- + Press MODE once to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON press the SET button
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use 47- to adjust the HOUR, press SET, use -/- to adjust the MINUTE, then press SET. To scroll more dranckity hold the - or -
- Alarm icon will show if the ALARM is on
- . Hold MODE for 2 seconds to return to TIME mode

SET RESTING HEART RATE

For the most accurate reading, set this function when you first make up in the morning (without an alarm clock) Until then, use the default resting heart rate (70 8PM).

- Press MODE'S times to go from TIME to RESTING HEART BATE Your most recent first will display
- . Place two finger pads on the MicSensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.
- . To return to TIMIE, press MODE 2 times.

USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMER or press MODE 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your evercise.

TO COUNT UP FROM ZERO

(switable for walking with time limit)

- . The timer must be stopped
- + Hold SET until beep (2 seconds) + Press + or - to adjust the TIMER TYPE to TIME 1. Press SET.
- . To start the timer, press START.
- + To pause, press STOP Press START to resume
- + To reset timer to zero and clear the workout calories, press. RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP

- (switable for walking with time limit) . The timer must be stopped.
- Hond SET until being (2 seconds).
- Press + or to adjust the TIMER TYPE to TMR a. Press SET.
- . Press + or to adjust the HOURS Press SET.
- Repeat for MINUTES and SECONDS.
- . To start the timer, press START To paisse, press STOP, Press START to resume.
- . Timer will beep when the countdown reaches zero
- To reset timer to starting condition and clear the workout.

calonies, press 88 SET until been O seconds). TO COUNT DOWN TO ZERO AND THEN COUNT UP

- (suitable for jogging or running with marm-up timer)
- . The timer must be stopped: Hold SET until beep (2 seconds)
- · Press · or to adjust the Traces Type to TAM at Press SET . Press e or - to adjust the HOURS of the warm up timer Press SET.
- Repeat for MINN/TES and SECONDS.
- . To start the timer, press START
- . To pause, press STOP, Press START to resume
- Timer will beep when the TiMICR 4 reaches zero and then count up automatically.
- . To reset times to starting condition and clear the workout calonies, preus RESET until beep (2 seconds)

TO USE THE WALK/RUN (DUAL INTERVAL) TIMER (invitable for training)

See your MIOSENSE Guide for a Walk/Kun program, set the first interval for running segments, and the

- second for walking segments. . The tomer must be stooned
- + Hold SET until beep (2 seconds)

dispersional pages.

H. TAKING YOUR HEART RATE



Place thumb on the LEFT MioSensor and index finger on RIGHT Milo Sensor Water sear year MICO on right hand Place the index Reger on 1257 Moduresor and thank on Right workersor.



Press and hold to activate MioSensors. Make sure the back plate is in contact with pour wrist. Heart icon will flash.



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

The small digits displaying on the right show your per centage heart rate in relation to your maximum heart rate pp to 99% MV MIO calculates this percentage using your personal data (See Step 3)

A maximum heart rate is an estimate with a variability of up to IS sense.

ur screen will return to the previous mode 5 seconds after removing your finger pads from the MicSensors.

TROUBLESHOOTING POINTERS

with a clear soft cloth.

- 3. Make sure the back plate is in contact with your wrist
- during the measurement. 2. If you don't get your heart rate within 10 sec, morsten. finger pads and try again. It helps to wear your MHD for a little while to allow a layer of moisture to build up between the back of the watch and your are
- 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 ection K on page 25 To optimize readings, occasionally clean the back of your MIO case and the RIGHT and LEFT MioSensors

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DP Hallahan

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