

# **mio** MOTIVA PETITE

## User's Guide

- ECG accurate heart rate without a chest strap
- Patented Calorie Management System
- Personalized percent of maximum heart rate display
- 3300 Calorie Countdown mode

This guide is also available online at [www.miowatch.com](http://www.miowatch.com)



To complete your workouts, go to [www.miowatch.com](http://www.miowatch.com) and check out the 3300 CC Club!

## A. MIO MOTIVA PETITE AT-A-GLANCE



To use light, press the LIGHT button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



## B. MODES OF OPERATION

Press MODE to move to the next mode.



## C. QUICK TIPS

- SHORTCUTS**
- To return to TIME from any mode, hold MODE for 2 seconds
  - To go directly to EXERCISE TIMER from any mode press the START button
  - To exit from any SET mode without going through all settings, hold SET key for 2 seconds
- SET MODES**
- Whatever mode you are in, hold the SET button to enter its SET mode:
1. Hold SET until beep (2 seconds)
  2. Value you are setting will flash
  3. Press +/- to adjust the value. To scroll automatically, hold +/-
  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 toggle the format
    - 12H = 12 Hour clock (AM/PM) & MM/DD date format
    - 24H = 24 Hour clock & DD/MM date format
  - Press SET to move to next setting
  - Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.

## 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). 12H or 24H blinks.
  - Press +/- or - to toggle the TIME & DATE format
  - 12H = 12 Hour clock (AM/PM) & MM/DD date format
  - 24H = 24 Hour clock & DD/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 PERCENT, MONTH, DAY
  - To stop making changes at any time, hold SET for 2 seconds.

## F. SET MY MIO

- MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section I on how to calculate your CALORIE TARGET and ACTIVITY LEVEL.
- Press MODE 5 times to go from TIME to MY MIO
  - 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 WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL
  - For ACTIVITY LEVEL, ACT L/O or MI or HI will display. Please refer to section I for the definition of each level
  - For WEEKLY GAIN/LOSS GOAL, LB/WK or KG/WK will display. Use +/- 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 -1.0. To lose weight use a negative number, to gain weight use a positive number
  - Please note that it is not recommended to have weight change for more than 2 lb or 0.9kg per week, so the maximum gain/loss is limited to 2 lb or 0.9kg 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
  - MIO will calculate your Daily Net Calorie TARGET based on your weight change goal. 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 I for more information on setting TARGET Daily Calories.
  - To return 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 +/- or - to adjust the HOUR, press SET, use +/- or - to adjust the MINUTE, then press SET. To scroll more quickly hold +/- or -
- Alarm icon will show if the ALARM is on
- Hold MODE for 2 seconds to return to TIME mode

## H. TAKING YOUR HEART RATE

1. Place thumb on the LEFT MioSensor and index finger on RIGHT MioSensor. If you wear your MIO on right hand place the index finger on LEFT MioSensor and thumb on RIGHT MioSensor.
2. Press and hold to activate MioSensors. Make sure the back plate is in contact with your wrist. Heart icon will flash.
3. Wait for Heart Rate readout. Your MIO will beep to let you know that the reading is ready.

## I. 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. Your most recent RHR will display
  - Place two finger pads on the MioSensors 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 2 times

## J. 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 exercise.

- TO COUNT UP FROM ZERO (suitable for walking with time limit)**
- The timer must be stopped
  - Hold SET until beep (2 seconds)
  - Press +/- or - to adjust the TIMER TYPE to TIM UP. 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 (suitable for walking with time limit)**
- The timer must be stopped
  - Hold SET until beep (2 seconds)
  - Press +/- or - to adjust the TIMER TYPE to TIM D. Press SET
  - Press +/- or - to adjust the HOURS. Press SET
  - Repeat for MINUTES and SECONDS
  - To start the timer, press START
  - To pause, press STOP. Press START to resume
  - Timer will beep when the countdown reaches zero
  - To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds)

- TO COUNT DOWN TO ZERO AND THEN COUNT UP (suitable for jogging or running with warm-up timer)**
- The timer must be stopped
  - Hold SET until beep (2 seconds)
  - Press +/- or - to adjust the TIMER TYPE to TIM AT. Press SET
  - Press +/- or - to adjust the HOURS of the warm-up timer. Press SET
  - Repeat for MINUTES and SECONDS
  - To start the timer, press START
  - To pause, press STOP. Press START to resume
  - Timer will beep when the timer reaches zero and then count up automatically
  - To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds)

- TO USE THE WALK/RUN (DUAL INTERVAL) TIMER (suitable for training)**
- See your MIOSENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.
- The timer must be stopped
  - Hold SET until beep (2 seconds)

(continued next)

- The small digits displaying on the right show your percentage heart rate in relation to your maximum heart rate (up to 190 BPM). MY MIO calculates this percentage using your personal data. (See Step 9)
- A maximum heart rate is an estimate with a variability of up to 10 BPM.

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

## TROUBLESHOOTING POINTERS

1. Make sure the back plate is in contact with your wrist during the measurement
2. If you don't get your heart rate within 30 sec, moisten finger pads and 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 and your arm
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 page 20)
4. To optimize readings, occasionally clean the back of your MIO case and the RIGHT and LEFT MioSensors with a clean soft cloth

# Mio Motiva Petite Instruction Manual

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