



## **FIT COACH HR - MANUAL**



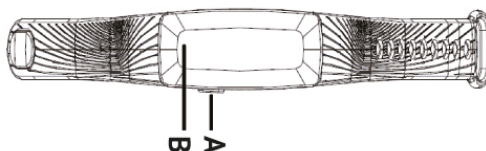
Congratulations on purchasing your [Guardo Fit Coach HR!](#)

Your ultimate assistant in analyzing your health with the heart-rate monitor, step-tracker and sleep tracker!

**STEP-BY-STEP:**

- ✓ Charge your activity tracker.
- ✓ Download & install the 'GUARDO FIT-COACH' APP on Google Play & APP STORE on smartphone OR tablet (compatible APP operating system = iOS 7.1 & above + ANDROID 4.4 & above).
- ✓ Connect your smartphone/tablet with your Fit Coach activity tracker by Bluetooth.
- ✓ Correct time & date will now appear on your watch.
- ✓ Get started.

## 1. PARTS AND BUTTONS



You can activate your screen of the watch & scroll through the watch data in 2 ways.

### a. Push Button

Press the side button to activate screen of the watch.

**Following info will appear:**

Date, battery level, Bluetooth indication & time

By shortly pressing on the button at the side, step-by-step, you scroll through data of your watch.

Heartrate, steps, distance, calories burned

! If you keep this button pressed for about 2 seconds you will enter in SPORTSMODE. You will feel light vibration

! Shortly press the push button 2 times to start your activity in SPORTSMODE.

The stopwatch is activated now.

To stop registration of your activity in SPORTSMODE, keep the side button pressed again for 2 seconds.

You feel the vibration & standard screen is ON again

↪ FOR MORE details on **SPORTSMODE**, please check SPORTSMODE chapter.

### b. Touch Button

Lightly press about 2 seconds (do not press too hard!) to activate screen of your watch.

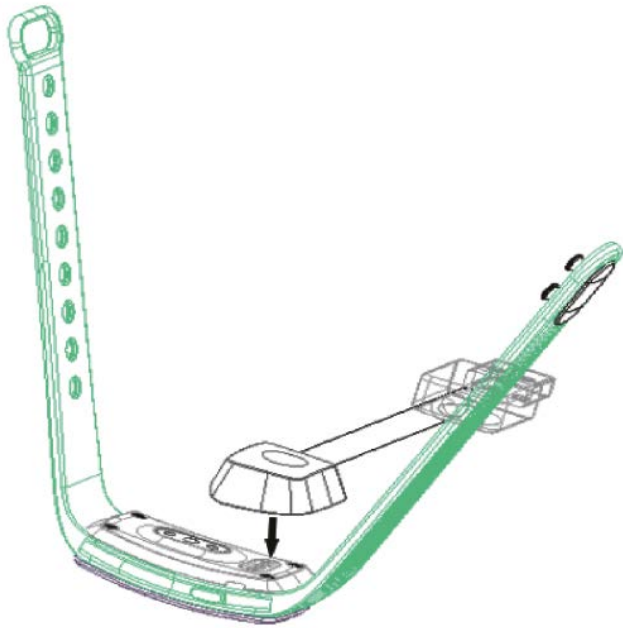
**Following info will appear:**

Date, battery level, Bluetooth indication & time

By lightly ticking on the TOUCH-button you scroll through data of your watch:

Heartrate, steps, distance, calories burned

## 2. CHARGING THE FIT COACH HR



- Connect the charging cable with an USB-power source such as your laptop, USB home charger, power bank.
- Connect the 2-point charger to the back of the Fit Coach and click the charger in place.
- Charging battery icon will appear on the OLED display.
- After about 1 hour charging your Fit Coach-watch will be fully charged  
! Battery status can also be checked in the APP!

### 3. PAIRING THE DEVICE WITH YOUR SMARTPHONE

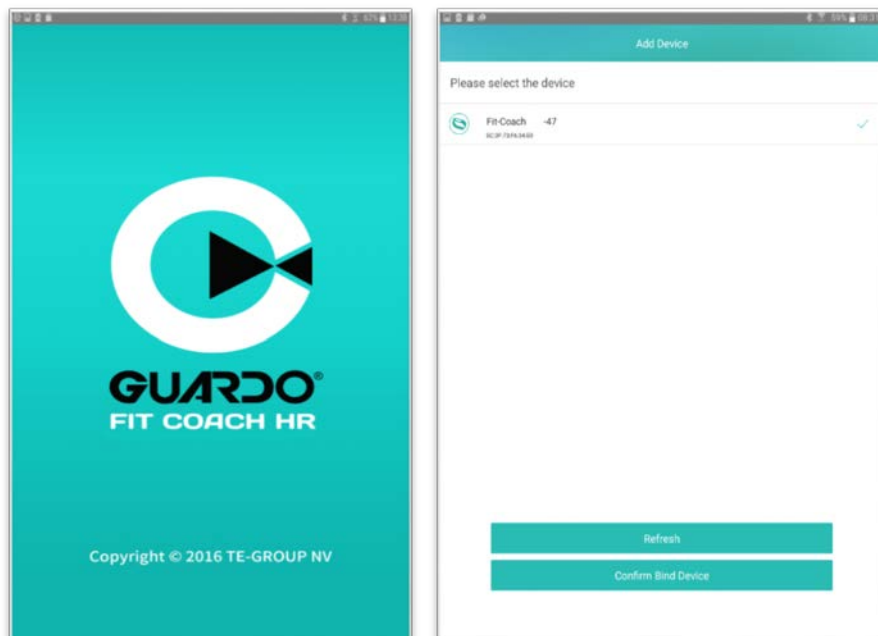
Download the “**Guardo Fit Coach App**” on the App Store or the Google Play Store.

Make sure Bluetooth is active on your smartphone or tablet!

- Open the App (At first use after installing the App, you first need to swipe 2 startup screens).
- Open ‘device’ in the APP and press “**BIND**”.

! Make sure your FIT-coach screen is ON – by pressing key A or B on your watch.

The App will automatically start looking for nearby devices and will find your Fit Coach tracker.



- Select your device (Fit Coach) and press “**Confirm Bind Device**” to connect the App with your Fit Coach HR.
- The binding is successful when you get the notification “**Binding success**”.
- The Fit Coach is now listed as “connected” on your smartphone & tablet Bluetooth data screen.
- Bluetooth connected range between watch and smartphone/tablet is 5 to 10m max.
  - ✓ Within this range you CAN synchronize your data between smartwatch and phone;
  - ✓ Outside this range you CANNOT synchronize your data;Once you get within this range again the Fit Coach watch will AUTOMATICALLY re-connect to the selected smartphone/tablet device (Manual synchronization is possible by dragging down the Home screen in the App)

The **DATE & TIME** of the Fit Coach will be updated and synchronized with your smartphone (or tablet).

Once the device is paired with the App, the App will also record, analyze and show the data from your heartrate, activity and sleep status automatically.

- ↪ If you “**UNBIND**” the APP from your Fit Coach device, all data will be lost.
- ↪ If “anti-lost” setting is ON, your Fit-Coach will vibrate when smartphone is out of the Bluetooth range and the connection is lost (up to 10m). It automatically re-connects when you re-enter the Bluetooth range.

## 4. USER-SETTING

We advise to ALWAYS enter requested data on your profile:

**Gender – Height – weight**

It can influence the calculation and registration of your daily activity.

We also advise to ALWAYS enter your personal targets:

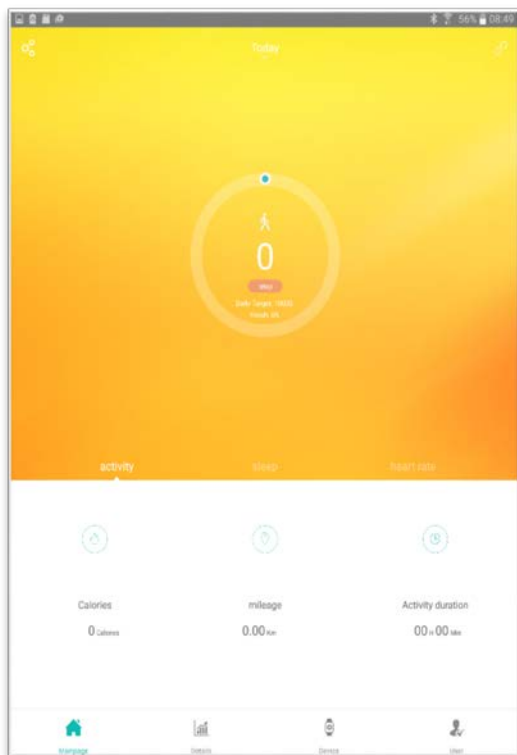
**number of steps / day - hours of sleep / night**

## 5. THE APP – SOME FACTS

The app consists of 4 main parts:

**MAINPAGE – DETAILS – DEVICE – USER**

### a. MAINPAGE



**Shows your ACTIVITY (steps) & SLEEP & HEARTRATE**

You can check:


- ↪ How many steps you made during 1 specific day (24hrs)
- ↪ Monitor your sleep: will show 3 levels DEEP – LIGHT and AWAKE sleep (detects from the moment you go in bed, and from the moment you wake up again)
- ↪ SHOWS your heartrate

Always 2 screens available:

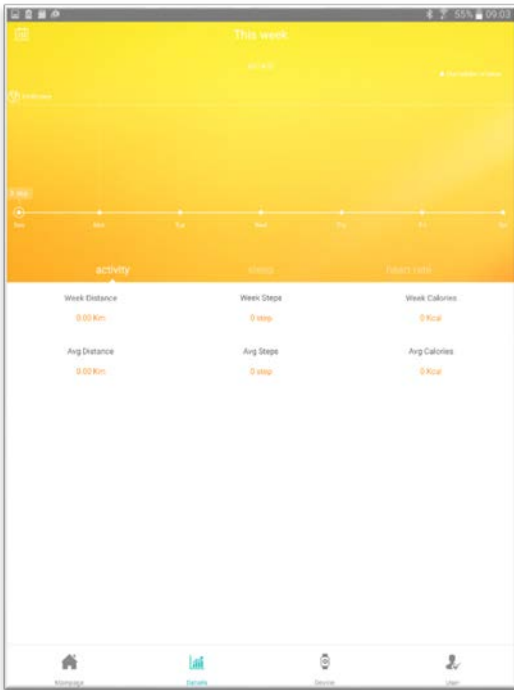
- ↪ By exact figure
- ↪ By graphs

You switch from screen by ticking on the data screen.

TO UPDATE these data, simply refresh by dragging down the screen with your finger.

On top of the screen you see the synchronization status from 0% to 100%. You can SHARE your data on twitter, facebook etc.. by simply pressing 

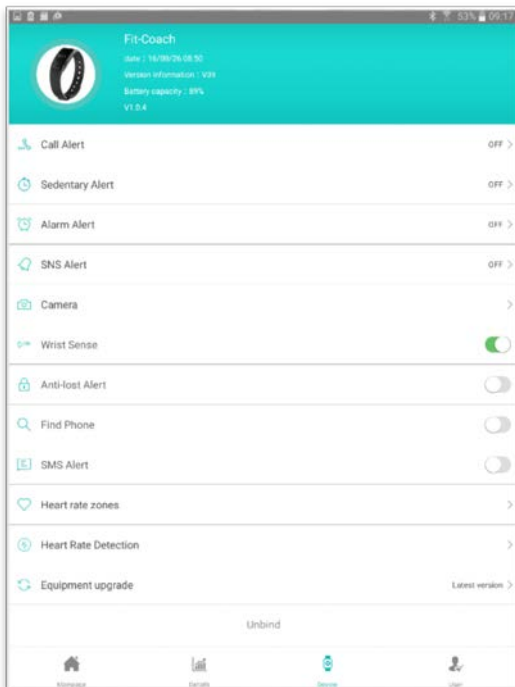
## B. DETAILS



Show your step-, sleep- and heart rate data in a  
↗ Weekly  
↗ monthly  
↗ yearly  
statistical view.

Change the time period by clicking on the calendar-icon.

## C. DEVICE



↗ You can switch ON or OFF various ALERTS (call alert, SMS alert, anti-lost alert ...)

**ALERTS** are indicated by **VIBRATION** on your Fit coach. You can also activate various **SETTINGS** (wrist sense, auto heart-rate, take photo etc...)

### Call alert:

Notification of incoming call with Caller ID. Standard setting is alert after 8 seconds. You can adjust and change.

### Sedentary Alert:

Notification when you have been sitting still for too long.

### Alarm Alert:

Alarm notifications on your wrist/ you will wake up by watch-vibration.

**SNS Alert:**

Notification for activity on Facebook, Whatsapp, ...

**Camera:**

Use your Fit Coach as a remote shutter to take pictures, when ON you can press your watch to shoot a picture or movie!

**Wrist Sense:**

When ON the device will respond to wrist movement: display will go ON when making wrist movement. Standard this is ON, you better put OFF when you find your screen go ON too quickly. When OFF you activate your screen by pressing button A or touch the screen.

**Anti-lost Alert:**

Notification when your smartphone (or tablet) is out of Bluetooth range.

**Find Phone:**

When active, press the button on your Fit Coach to send a vibration or sound notification to your phone.

**SMS Alert:**

Notification when you receive an SMS on your smartphone.

**Heart Rate Detection:**

Choose between automatically or manually (heart rate will be measured when checked on your Fit Coach).

**Heart Rate Zone:**

Personalized suggestion of your heart rates for exercising. You can also customize it.

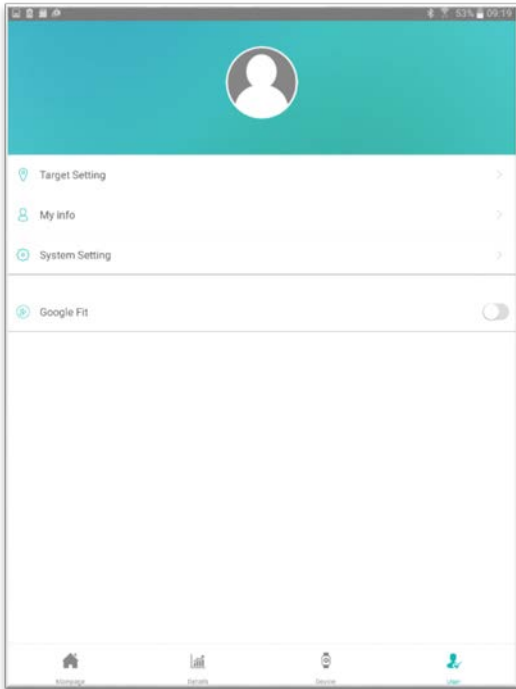
**Equipment Upgrade:**

Shows the firmware version of your device.

You can also **UNBIND** your Fit Coach with the app.

👉 **Attention: Unbinding the Fit Coach will result in loss of data !**

## D. USER



Adjust your **TARGET SETTINGS** (for daily steps, daily sleep) or update your profile and picture (My Info).

Select **SYSTEM SETTING** to change between Metric or Imperial, to check for the latest version of the app, to reboot the device or to read the privacy policy.

You can also select to share your data with Google Fit.

## 6. SPORTS MODE

Sports Mode = specially designed for tracking your statistics during your specific workouts.

To switch between the modes on your Fit Coach/

- ↪ Press the Push Button (A) for 2 seconds.
- ↪ SPORTSMODE is confirmed by watch vibration now.
- ↪ To start up your stopwatch for the specific sports-registration, shortly press 2 times when heartrate screen appears.
- ↪ The stopwatch and sportsmode is activated now.

To switch between display data:

- ↪ Press the Push or Touch button shortly.

To STOP sportsmode:

- ↪ LONG press button A once again
- ↪ Your Fit Coach returns into NORMAL mode again

In the **SPORTS mode**, your display will show following data:

00:00.12 ♥ 000	Activity Heart rate
00:00.12 👣 00000	Activity Step tracker
00:00.0 🏃 0.12 KM	Activity Distance tracker
00:00.12 🔥 0000	Activity Calorie Counter
00:00.12 ⌚ 00:00	Activity Current time



## 7. TROUBLESHOOTING

The Fit Coach is no longer connected to the App.	Shut down all the Apps on your smartphone / tablet. Turn Bluetooth off and on again, open the Fit Coach App and reconnect.
My smartphone / tablet has a compatible operating system, but when I download the App, I get the notification that my device is not compatible.	You can download and install the app from our website: <a href="http://www.guardo.be/wp-content/uploads/2016/09/9.14GuardoFitCoach1.0.6.apk">http://www.guardo.be/wp-content/uploads/2016/09/9.14GuardoFitCoach1.0.6.apk</a>
The date and time are not correct on my tracker.	You need to connect and synchronize the tracker with the App. Date and time are automatically adjusted.
I cannot find the app on my iPad.	To download the Fit Coach App on an iPad, you should change the selection at the top of the App Store. Currently, it's likely to be set to show only Apps for iPad. This selection or filter can be changed to "iPhone only" and then you can find the App.
On my tracker I have a wrench symbol with -02.	This indicates a problem with the heart rate sensor. Please contact <a href="mailto:support@guardo.be">support@guardo.be</a> .

## 8. SUPPORT

For more information, technical questions and return requests, please contact: [support@guardo.be](mailto:support@guardo.be)

## 9. GUARANTEE

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