



## **FIT COACH HR SLIM - MANUAL**



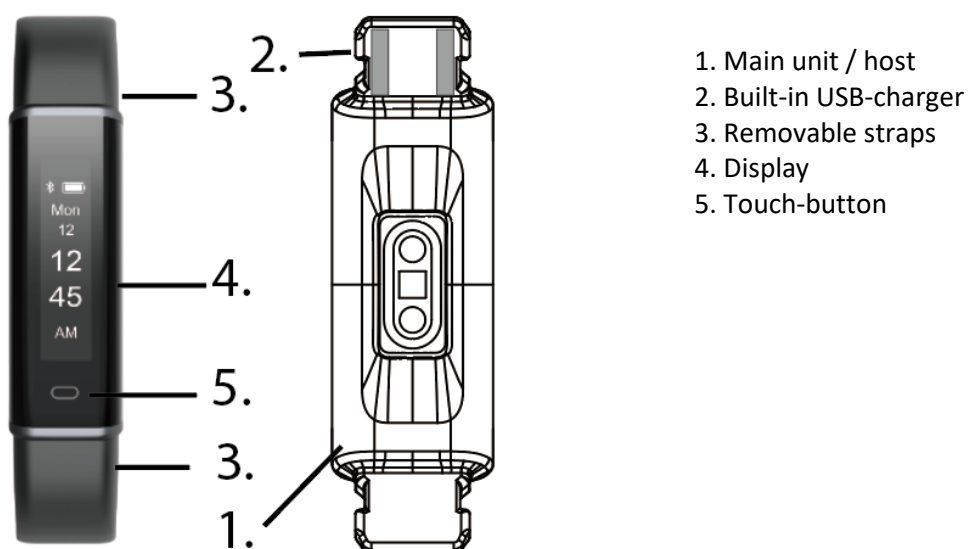
Congratulations on purchasing your **GUARDO FIT COACH HR SLIM!**

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 7.0 & above + ANDROID 4.4 & above + Bluetooth 4.0 or higher).
- ✓ Connect your smartphone/tablet with your Fit Coach activity tracker with the App.
- ✓ Correct time & date will now appear on your watch.
- ✓ Get started.

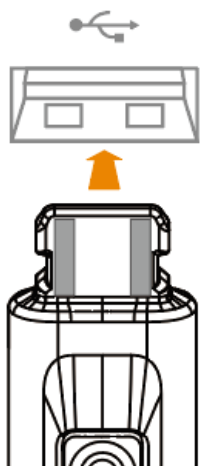
## 1. PARTS AND BUTTONS



You can check data using the Touch-button:

- Press the Touch-button to activate screen of the watch.  
**Following info will appear:** Date, battery level, Bluetooth indication & time
- By shortly pressing the Touch-button, step-by-step, you scroll through data of your watch: Heartrate, steps, distance, calories burned...

## 2. CHARGING THE FIT COACH HR SLIM



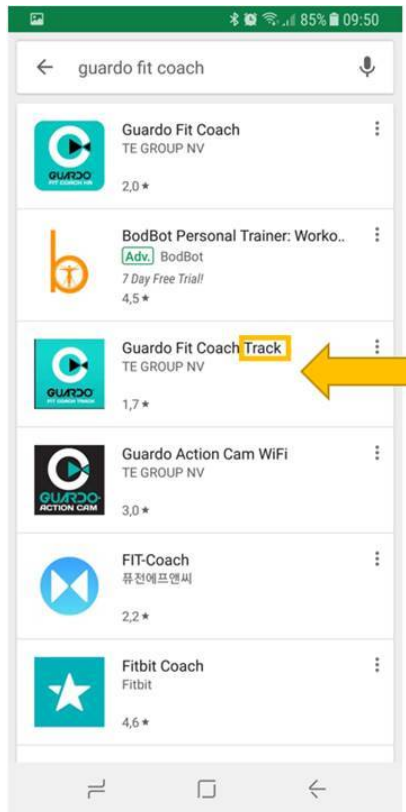
- Pull the straps gently and take out the main unit. Connect the main unit with built-in charging part to an USB power source such as a laptop, USB home charger or power bank.
- After 1 hour your Fit coach watch will be fully charged.
- During charging, a battery symbol will briefly appear on the display. If nothing happens, turn the tracker around, it may be upside down in the USB socket.

### Remarks:

- The working time after fully charging the main unit is max. 7 days.
- The battery status can also be checked in the App.

## 3. PAIRING THE DEVICE WITH YOUR SMARTPHONE

- To connect the Fit Coach, Bluetooth must be switched **ON** on the smartphone/tablet and the Fit Coach should only be connected via the App, NOT directly via Bluetooth.
- Please check in the Bluetooth menu of your smartphone/tablet if the Fit Coach is not listed among the paired devices. If this is the case, you must first disconnect/forget this connection before you can connect the Fit Coach with the App.
- To connect the device, you need a compatible mobile phone or tablet. Install the **Guardo Fit Coach Track**.



Open the App. First, you need to open je de App you have to swipe two startup screens aside (these are screens of sporting or sleeping people). You then need to give permission to the App when it asks for permission.

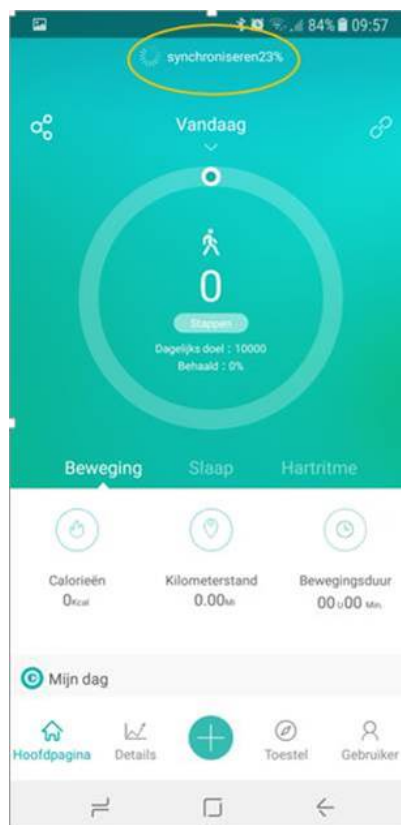


Now the App will start searching for the Fit Coach. Activate the Fit Coach screen (this remains active for the longest time in heart rate mode). When the App indicates multiple Fit Coaches, yours is usually the top with the lowest number next to the -.



Press the App screen to select your Fit Coach and wait until the green check mark symbol appears. Then press **"BIND"**.

The App will now start to synchronize till 100%. Afterwards, the Fit Coach is connected.



- 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).

Once the device is connected to the App, the App will automatically display the correct date and time and automatically save and analyze data related to your heart rhythm, activities and sleep status.

↪ 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.

#### **Remarks:**

**! If you wish to terminate the connection between the App and the Fit Coach (UNBIND), ensure that the Bluetooth function is switched off, otherwise all stored data will be lost!**

**! To synchronize data from the Fit Coach to your App, there must always be a Bluetooth connection between the watch and the App. Make sure that the screen of your Fit Coach is active.**

## **4. USER SETTINGS**

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**

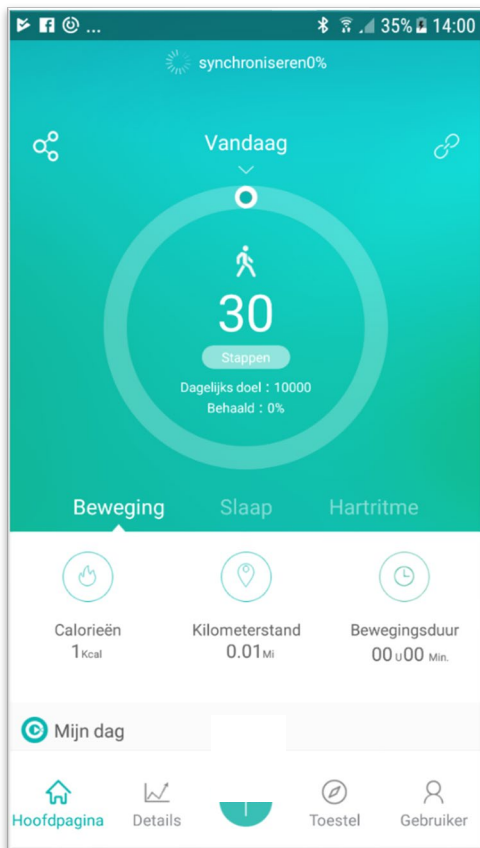
## **5. THE APP – SOME FACTS**

The App consists of 4 main parts:

**MAIN PAGE – DETAILS – DEVICE – USER**

## A. MAIN PAGE

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)
- ↖ Your heartrate

Always 2 screens available:

- ↖ By exact figure
- ↖ By graphs

You can switch from screen by ticking on the data screen.

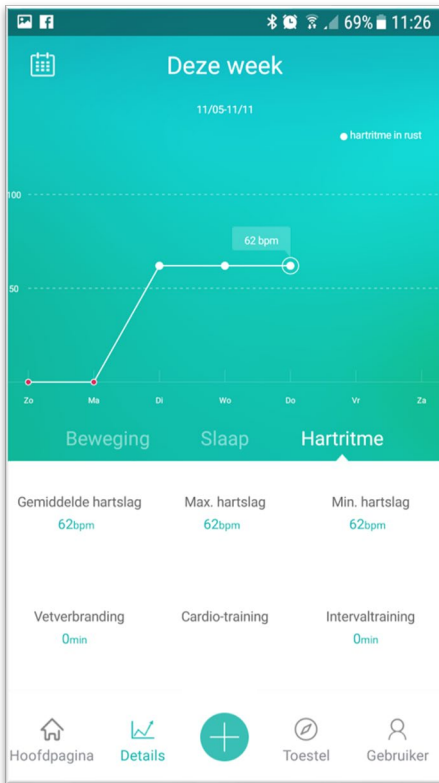
TO UPDATE these data, simply refresh by dragging down the screen with your finger. On top of the screen you see the synchronization status from 0% to 100%.

You can SHARE your data on Twitter, Facebook etc.. by simply pressing



By tapping on “Today” at the top, you can request the data from a previous day.

## B. DETAILS

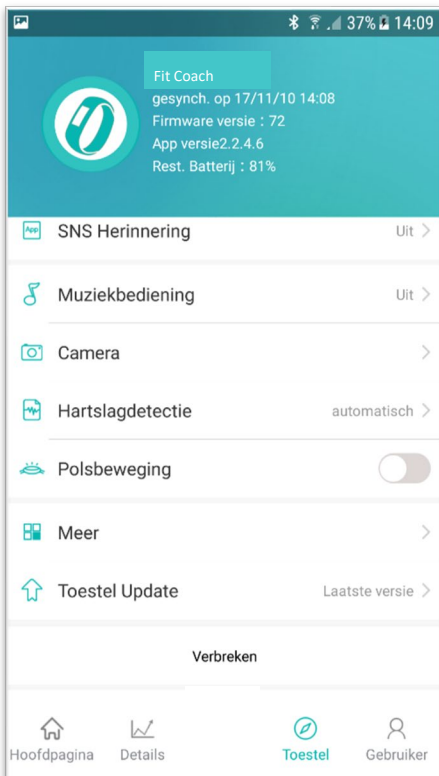


Show your step-, sleep- and heart rate data in a

- ↶ Weekly
- ↶ monthly
- ↶ yearly

statistical view. You can 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 3 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!

**Heart Rate Detection:**

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

**Wrist Sense:**

When ON the device will respond to wrist movement: display will go ON when making wrist movement. Standard this is OFF. When OFF you activate your screen by touching 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.

**Do not disturb mode:**

Turn off notifications for a specific period of time.

**SMS Alert:**

Notification when you receive an SMS on your smartphone.

**Heart Rate Zone:**

Personalized suggestion of your heart rates for exercising.

**Restart the device:**

To restart your device.

**Update the device:**

To update your device.

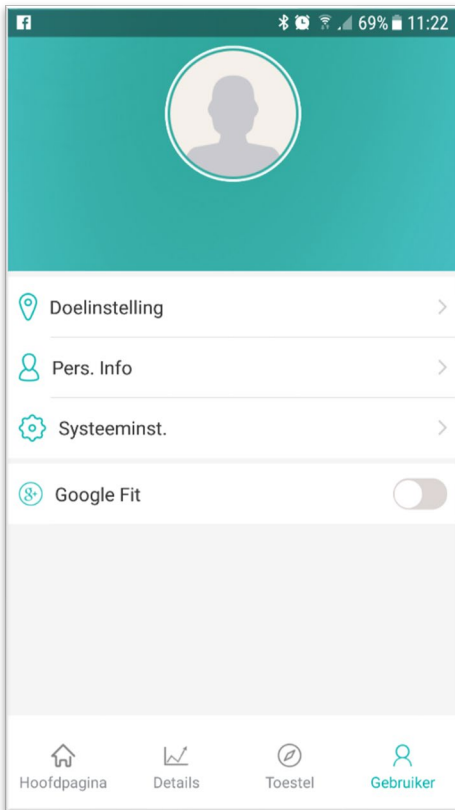
You can also UNBIND your Fit Coach from the App. **Attention: Unbinding the Fit Coach will result in loss of data !**

**Change screen display:**

The display of the screen can be changed to portrait or landscape. To do this, go to "**Device**" in the App, tap "**More**" and then "**App Version**". Select the desired view and confirm with the Change screen display:

The display of the screen can be changed to portrait or landscape. To do this, go to "Device" in the App, tap "More" and then "App Version". Select the desired view and confirm with the check mark symbol in the upper right corner of the App.in the upper right corner of the App.

## USER



Adjust the **Target settings** (for daily steps, daily sleep), update your profile or profile photo.

Select **System settings** to switch between the metric or imperial system, to see if there is a new update of the App, ...

Select **“Third Party App”**, choose “Strava” or “Google Fit” and tap “Agree”. When you choose Strava, you will be redirected to Strava Mobile, where you can register or log in with your Strava account. You will be asked to give permission to Guardo Fit Coach Track to connect to Strava. Make sure the checkbox “Upload your activities from Guardo Fit Coach Track to Strava” is checked if you want the data to be imported into Strava and then tap “Allow”. The app will now forward the data to Strava.

## 6. SPORTSMODE

Normal mode: for checking all standard data on your device and on your smartphone App.

Sports mode: especially designed for tracking your statistics during your specific workouts.

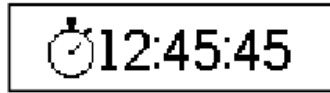
Go to Training display in Normal mode.



Then press and hold the Touch button for several seconds to access Sports mode and start registration of your activity. Your Fit Coach display will show following data:



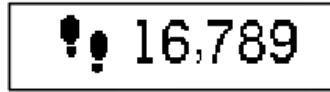
Start training



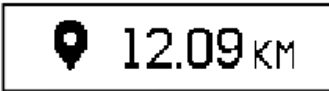
Stopwatch



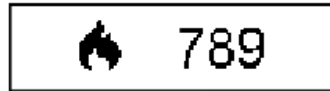
Heart rate



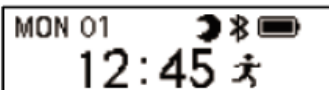
Steps



Distance



Calories



Clock



=>



To end the sports mode: Long press the Touch button (5) to end your training session. Your Fit Coach display will count down to end the session.

## 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

Copyright © Guardo. Guardo is a registered trademark of TE-Group NV. The Guardo brand stands for superior product quality and outstanding customer service. That is why Guardo warrants this product against all defects in material and workmanship for a period of two (2) years from the date of original purchase of the product. The conditions of this guarantee and the extent of responsibility of Guardo under this guarantee can be downloaded from our website:

[www.guardo.be](http://www.guardo.be)

## 10. PRIVACY POLICY TE GROUP NV

Address details: Kapelsestraat 61, 2950 Kapellen, Belgium

VAT/COC number: BE 0871164423

E-mail: [privacy@te-group.com](mailto:privacy@te-group.com)

Contact for Privacy: Johan van Os

Version 1.0

We are aware of the fact that you have placed your confidence in us. We therefore consider it our responsibility to protect your privacy. This page informs you which data we collect when you use our website or services, why we collect this data and how we use it to improve your user experience. This also explains exactly how we work.

This privacy policy applies to the services of TE Group NV. You need to be aware that TE Group NV is not responsible for the privacy policy of other sites and sources. By using this website or service you indicate to have taken note of the privacy policy and to accept it.

TE Group NV respects the privacy of all users of its site and ensures the personal data you provide to us is treated confidentially.

### ***Our use of collected data***

#### **Use of our services**

When you log on for one of our services, we ask you to provide personal data. This data is used to provide the service. The data is stored on secure servers of TE Group NV or of a third party. We will not combine this data with other personal data at our disposal. By entering your data you give your consent to use this data for the purpose for which it was requested.

#### **Communication**

When you e-mail us or send other messages to us, it is possible we save these messages. Sometimes we request your personal data because is relevant for the situation concerned. This allows us to process your questions and answer your requests. The data is stored on secure servers of TE Group NV or of a third party. We will not combine this data with other personal data at our disposal.

#### **Cookies**

We may collect data for research to thus get a better insight into our clients, which enables us to align our services to this by means of cookies.

The website uses “cookies” (small text files that are placed on your computer) in order to help the website analyse how users use the site. The information generated by the cookie about your use of the website may be transferred to secure servers of TE Group NV or of a third party. We use this information for the purpose of assessing your use of the website, to create reports on website activity, and to offer other services related to website activity and internet use. All information on this website is of a general nature, unless explicitly specified otherwise. The information is not adapted to personal or specific conditions.

## **Purposes**

We do not collect or use information for any other purposes than those set out in this privacy policy, unless we have received your explicit consent to do so in advance.

Your personal data is only collected and processed to provide the information you requested or to perform the desired services.

The treatment of your personal data by TE Group NV is restricted to the intended purpose.

Your personal data is not used for direct marketing purposes.

Automated decision-making is not used.

At all times you are able to request, check and update your personal data or to have it deleted.

## **Third parties**

The entered information is only shared with third parties if this is necessary for the services.

In case of a purchase in the webshop, the billing system of the protected payment system that sends data to your bank and our bank is used. A package delivery service (e.g. PostNL, Bpost, DHL) is also used. This data will only be used for the purpose of the application in question and shall not be spread further. In a number of cases the information may be shared internally. Our employees are obliged to respect the confidentiality of your data.

The website sometimes uses films and moving images, that use Youtube, Vimeo (for HD films), Facebook (for 360 degrees videos). Google fonts are used TE Group NV has no control over how Youtube, Google, Vimeo or Facebook work, which have their own cookie and privacy statement and are established in the United States.

## **Google Analytics**

This website uses Google Analytics, a web analysis service offered by Google Inc. ("Google"). Google Analytics uses "cookies" to help analyse the website as to how users use the site. The information generated by the cookie about the way you use the website (including your IP address) is transferred to, and stored by, Google on servers in the United States. Google uses this information for the purpose of assessing your use of the website, to create reports on website activity for website operators, and to offer other services related to website activity and internet use. Google is authorised to distribute this information to third parties if legally obliged to do so, or in the event that it is processed by third parties on Google's behalf. Google will not combine your IP address with other information to which they have access. You can refuse the use of cookies by selecting the appropriate settings in your browser. We do, however, inform you that, in this case, you will probably be unable to make use of this website's full potential. By using this website, you consent to your information being processed by Google in the manner and for the purposes described above.

## **Fitness equipment**

Fitness related equipment, such as e.g. the Guardo Fitcoach, which can measure steps and heart rate, are not medical equipment, and do not provide any medical or other health advice, diagnoses or treatments. Always ask advice of your doctor or another authorised care provider, and do not postpone a visit to a medical professional with regard to information you consulted or by means of our services. The Fitness related equipment and services are only meant for Fitness and wellness purposes.

## **Fit Coach (multi)**

The FitCoach and Fitcoach ONE only save the data on the user's smartphone or tablet. Per app the data of 1 piece of equipment can be saved. This data is not saved on the Internet from the app. You can choose to send the data to services such as Google Health or Apple Health.

The Fitcoach Multi saves the data on the smartphone or tablet, but also on a secure server. The advantage is that when you change smartphone or tablet, you can still view, supplement or remove the data. The data on the internet server is not sold or shared, but used by TE Group NV and the involved third parties to maintain your data. The co-operating third parties will only process your details under the responsibility of TE Group NV.

## **Tracking**

Smartphone apps are able to use tracking information, such as e.g. determining when the sun rises at your location, or the route you followed. Your smartphone allows you to block tracking. If you want to switch off tracking you need to do this on your device. This may result in a restriction of functionality.

## **Minors**

All apps and websites are made for adult buyers and users of products, but do not contain any offensive material. The parents or legal representatives need to supervise any use by minors. People under the age of 13, or a higher minimum age depending on the local legislation are not allowed to make an account, unless their parents have complied with the legal principles.

If TE Group NV notices that people of 13 or younger have sent data without consent, this data shall be deleted as soon as possible.

You can always contact [privacy@te-group.com](mailto:privacy@te-group.com).

## **Storage time**

There are legal storage periods for transactions and legal guarantee periods. After expiry of the storage time the data is deleted within 1 year.

Transactions: 7 year storage time.

Product related communication: 2 years of storage time because of the legal guarantee.

Other data maximum 1 year.

## **Changes**

This privacy statement is tailored to the use of and the possibilities on this site or of this service. Possible adjustments and/or changes of this site may result in changes to this privacy statement. That is why it is advisable to regularly consult this privacy statement. The privacy statement is available on the website [www.te-group.com](http://www.te-group.com).

## **Choices for personal data**

We offer all visitors the possibility to view, change, or remove personal data they provided. To this end you can send an e-mail to [privacy@te-group.com](mailto:privacy@te-group.com).

## **Edit/unsubscribe service newsletter**

TE Group NV does not send newsletters.

## **Switch off cookies**

The default setting of most browsers is to accept cookies, but you can set your browser to refuse all cookies or to specify when a cookie is sent. However, it is possible that some functions and services, on our and other websites, will not function correctly when cookies have been switched off in your browser.

## **Questions and feedback**

We regularly check whether we comply with this privacy policy. If you have questions regarding this privacy policy, you can contact us at: TE Group NV, Kapelsestraat 61, 2950 Kapellen, Belgium, e-mail: [privacy@te-group.com](mailto:privacy@te-group.com).