

**J-STYLE Wireless Wristband**  
Track Activity + Sleep  
Call & Message reminder



Product Manual

**1 Getting Started**

- What's included
- Your J-STYLE Wireless Wristband Activity + Sleep Call & Message reminder Tracker includes:
- J-STYLE tracker
  - USB charging cradle
  - Wristband
  - User manual

**2** To save the battery, the Activity Tracker is set into hibernation mode when out the factory. Before first use, please long press screen for 10 seconds to activate the device. The progress bar will change from empty to full to indicate full activation as below:



**3** Install APP on your smartphone/ tablet/PC



**4** The bluetooth always on without mark



**5** Run APP to search the device then connect



**6** Set personal information



**7** Operation

1.Touch the screen once within 8 seconds to show the screens as below



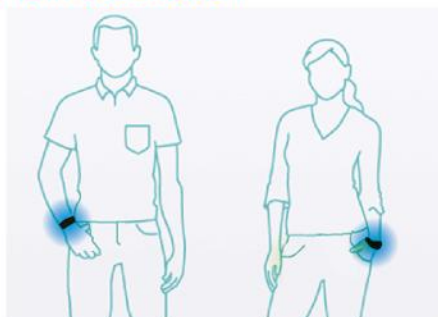
- Long press the screen for 2 seconds till the sleep mark shows, then short touch the screen to enter the sleep mode, if not touch within 2 seconds, the tracker stay at activity mode.
- Long press the screen for 2 seconds till the people mark shows, then short touch the screen to enter the activity mode, if not touch within 2 seconds, the tracker stay at sleep mode.
- Caller's name or phone number will show on the activity tracker when there is a call or message on your phone.
- Wake up alarm(Default is all alarm off ):

Total five alarms can be set, and you can set from Monday to Sunday, in vibration mode. After an alarm occurs, alarm starts every 10 seconds (One alarm consists of 3 small vibrations), alarm is max 3 times, you can touch screen to stop the alarm during the 3 alarm periods.

6.Activity Alarm(The default alarm time is 6AM- 7AM , interval of 45 minutes): Activity time and alarm interval can be set. Default setting is if you walk less than 100 steps within 45 minutes during activity time period, the device will remind you to exercise with vibration (3 small vibrations).

**8** How to wear activity tracker

- Use the wristband to wear on your wrist
- It's water resistant
- Wear it in the shower!



**9** Battery charge

- The empty battery mark will display when the battery low or runs out.
  - The whole charging procee will normally take 1 or 2 hours.
  - A full charged tracker should last for apporximately 4-5 days.
- Note: Please charge the battery at least once a month to prolong battery life even not use the activity tracker for a long time.

**10** Specification

Product Name: J-STYLE Wireless Wristband Activity + Sleep Tracker

Size: Main body:38\*15.5\*11mm  
Wristband:235\*19mm

Weight: 108 g

Battery: rechargeable lithium polymer battery

Display: 0.91" OLED

Data Memory: 30 days

Walking distance: Max 999.99km

Calories burned: Max 9999.9kcal

Activity time: 99h59min.

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.