



powered by
MotionX®

USER GUIDE



FREDERIQUE CONSTANT
GENEVE



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START WITH YOUR HOROLOGICAL SMARTWATCH



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1 GET THE APP

Download the MotionX-365 App
for iPhone® or Android.



MotionX-365



2 ACTIVATE BLUETOOTH ON YOUR PHONE

3 FOLLOW THE INSTRUCTIONS

within the app to pair your watch and set your goals.



PAIR YOUR WATCH

WITH THE
MotionX-365
APPLICATION

To pair your watch, launch the MotionX-365 application and touch the watch icon in the upper right corner of the screen. Press the crown on your watch to wake up the Bluetooth radio, then press the “start” button in the app screen. Keep your watch close to your phone during the pairing process. You will be prompted to push the crown on your watch one more time to complete the pairing.




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USE THE HOROLOGICAL SMARTWATCH




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ACTIONS

RESULTS

PUSH ONCE

**CONNECTION
& SYNC
OF THE WATCH
WITH THE APP**



PUSH TWICE



WHILE IN ACTIVITY MODE
SHOW PROGRESS TOWARD SLEEP GOAL



WHILE IN SLEEP MODE
SHOW PROGRESS TOWARD ACTIVITY GOAL

3 SECONDES PUSH & HOLD

CHANGE MODES

- **ACTIVITY**
If the **BLUE** hand shows the date, you are in activity tracking mode
- **SLEEP**
If the **BLUE** hand shows the moon, you are in sleep tracking mode





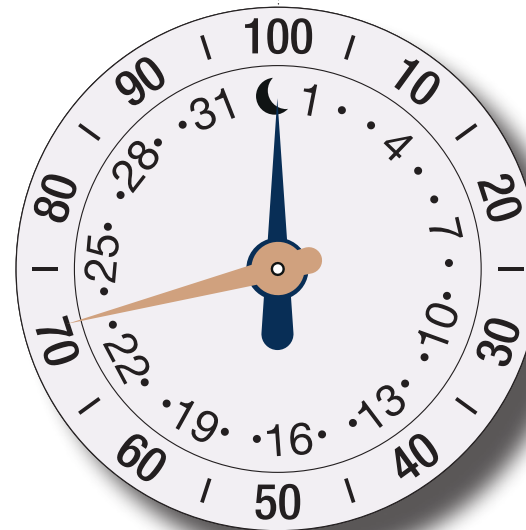
MODES



ACTIVITY MODE



If the **BLUE** hand shows the date, you are in activity tracking mode
ROSE GOLD hand points to 0-100 scale representing 60% Activity



SLEEP MODE



If the **BLUE** hand shows the moon, you are in sleep tracking mode
ROSE GOLD hand points to 0-100 scale representing 70% Sleep


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FUNCTIONS

HOROLOGICAL SMARTWATCH


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ALWAYS ON-TIME & DATE

You never have to set a time and date - traveling across time zones, the Frédérique Constant Horological Smartwatch picks up the time from your smartphone and displays new time automatically.



MotionX[®] ACTIVITY TRACKING

Keep track of daily steps, calories burned, and total distance.



SLEEPTRACKER[®] SLEEP MONITORING

Wear your watch at night or put it under your pillow to record your sleep. Sleeptracker[®] provides details on how much time you spent in deep sleep, light sleep, or awake.



SLEEP CYCLE ALARMS

Set a smart sleep alarm that will help you Wake Up At the Optimal Time™ in your sleep cycle so that you wake up refreshed.



GET ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time. Customize your Get Active Alert from the MotionX-365® app.



DYNAMIC COACHING

Get suggestions, tips, and information catered specifically to you based on your activity and sleep goals



MotionX® CLOUD BACKUP & RESTORE

Recover all of your data, even if you lose your watch or phone.



WITH 2+ YEARS BATTERY LIFE

Your Frédérique Constant Horological Smartwatch is a real Swiss watch in its pure tradition. Your timepiece features an electronic movement with 2+ years battery life.

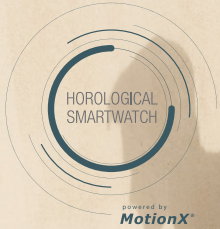


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LINKED

TO MOTION



MORE INFORMATION

smartwatch.frederique-constant.com



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