

# CR-712 BT (QDID + TrakNote Software) CR-712 SW (TrakNote Software)

## WIRELESS ACTIVITY TRACKER AND SLEEP MONITOR

### FCC Statement:

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 to an outlet on a circuit different from that to which the receiver is connected.

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.

**Note: Modifications to this product will void the user's authority to operate this equipment.**

**Model: CR712  
FCC ID: 2AEIBCR712**

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Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

JASKEY ELECTRONICS CO., LTD.

Please read instructions thoroughly before use.

### 1. Getting to know your unit



### FEATURES

- Simple one button operation
- Tracks Steps, Distance and Calories Burned
- Monitors sleep quality, total sleep time and number of occasions you were woken up
- 14 Days Memory
- Uses Bluetooth® 4.0 Smart Ready Technology; Wirelessly uploads and store data to IOS and Android (OS 4.3+) mobile devices
- Set Sleep Target and track progress with the 5 LED Indicator Lights
- Low Battery Consumption
- Water resistant

### 2. Setting up the Activity Tracker

#### Mobile device requirements

The Activity Tracker is capable of setting up and syncing with select mobile devices that support Bluetooth V4.0 technology.

For Android devices, it requires android version 4.3 and above.

#### Android Device Installation:

- Go to Google Play Store
- Search and Download the app "TrakNote" to your mobile device

#### IOS Device Installation:

- Go to IOS Apps Store
- Search and Download the app "TrakNote" to your mobile device

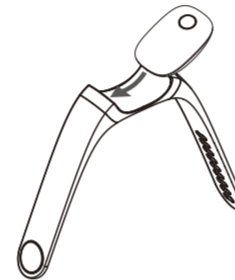
If you already have the "TrakNote" App installed, check if update is available to make sure you have the latest version.

### 3. Getting started

a. Battery installation  
The Tracker may be packed with the battery separated. Therefore, battery is required to be installed. Follow the battery installation below:-

Use a coin to unscrew the battery compartment cover on the back of the Tracker. Insert the new CR-2032 lithium battery inside. Make sure the positive (+) side of the battery faces up toward the cover. Place the battery cover, make sure the two dots, one from the cover and the other from the casing are lined up. Twist and lock the cover into place with a coin.

### b. Mounting on the Wristband



### c. Mounting on the shoe



### 4. IOS & Android devices pairing

**IMPORTANT:**  
The Activity Tracker must be paired directly from the "TrakNote" app and not through the Bluetooth Setting mode on your ios or android device.

Turn on the Bluetooth function on your mobile device before opening the app.

#### Initial Setup

- Open the TrakNote app.
- Follow the on screen instructions
- Tab 'Create User' and input your personal data
- Select the appropriate unit system; metric or imperial
- Once you reach the "DEVICE" page, follow the on screen instruction to start the device pairing.
- Select device 'U-Trak One'.
- Upon successful pairing, it will automatically sync the Tracker data to the app.

**Note:** Make sure the Tracker is in Activity Mode for the data synchronization. The Tracker cannot sync data under Sleep Mode. For more information, see section 5(C).

#### Normal pairing

If the Tracker is somehow becomes unpaired, you can follow the instructions below to pair the device to the app again.

- Open the TrakNote app.
- Tab 'More' on the top right corner of the screen (for IOS)
- Tab ' ' icon on the top right corner of the screen (for Android)
- Select Device Pairing
- Tab 'Unpair' to clear the pairing with previous device
- Follow the on screen instructions on the Device page.
- Select device 'U-Trak One' for pairing.

### 5. Using your Activity Tracker

Your Activity Tracker is designed to be worn on your wrist or worn on your shoe with laces.

a. Unit activation  
If the Activity Tracker comes with the button cell battery installed inside and without the battery insulator tab, the unit is required to be activated.

Press and hold the Function Button until all five of the LED lights lit up, then release button.

b. Using the Tracker in wet conditions  
The Tracker is splash proof only.

**DO NOT USE DEVICE IN THE SHOWER OR UNDER HEAVY RAIN CONDITION.**

c. Operation modes  
There are 2 modes of operation:  
- Activity mode  
- Sleep mode

- Activity Mode**  
Under Activity mode, the Tracker tracks the following data:  
- Steps taken with minute by minute details  
- Calories burned  
- Distance traveled  
- Very Active (rigorous) minutes  
- Goal progress

Press the Function button to make sure the Tracker is in Activity mode; the set of 5 LED lights will go back and forth 2 times. It will then stop and blink for 3 times.

2X

If you do not see the above blinking pattern, it means the Tracker is in Sleep Mode and unable to track any of the above mentioned activities. You are required to switch the Tracker back to Activity mode. Press and hold Function Button for 5 seconds until you see the blinking pattern for Activity mode.

- Sleep Mode**  
Under Sleep mode, the Tracker tracks the following functions:  
- The quality of sleep; light and deep sleep  
- The hours you are asleep (maximum 12 hours)  
- Number of times you are awake

Tracking your sleep  
Enter Sleep mode to start Sleep monitoring. Press and hold the Function button until the middle 3 LED lights move back and forth one cycle.

1X

#### Waking up from Sleep Mode:

To exit Sleep monitoring mode, press and hold the Function Button until all 5 of the LED lights go back and forth 2 times.

The Sleep mode is deactivated and the sleep data will be stored in the device. The Tracker is now in Activity mode.

2X

To view your sleep data, simply sync the data to the mobile device.

**Note:** The Tracker will automatically exit from sleep mode after 12 hours. This is to prevent the user from forgetting to exit and unable to track your daily activity.

d. LED Light Status  
The Tracker has a display that consists of 5 LED lights. The variation of LED light pattern will provide the user with information about the current status of the Tracker, such as Goal progress, Sleep mode and Activity mode.

i) Checking your Goal Progress  
Under Activity mode, press the Function Button, the LED lights will blink to indicate the current progress in percentage for the Step Target.

Achieved target step (%)	LED pattern
0% - 24%	○ ○ ○ ○ ○
25% - 49%	● ○ ○ ○ ○
50% - 74%	● ● ○ ○ ○
75% - 99%	● ● ● ○ ○
≥100%	● ● ● ● ●

Step Target is the goal you set for the amount of steps you target to walk each day.

- Sleep mode**  
When the Tracker is in sleep mode, pressing the Function Button will make the 3 LED lights in the middle fading in and out.

iii) Memory Full Alert  
All 5 LED lights will blink every minute when the data has been accumulated for 10 days without synchronizing to the mobile device.

It will stop blinking after the Tracker has been synced with the app or when battery power is low.

- Low Battery Power Alert**  
The LED light in the middle will blink twice every 16 seconds when the battery power is low.

v) Connected and Disconnected to the mobile device/app  
When the Tracker is connected to the app, the middle 3 LED lights will blink three times.

(blink 3X)

When the Tracker is disconnected from the app, the following 3 LED lights will blink three times:

(blink 3X)

- Device Update**  
When the Tracker's firmware is required to be updated for more features or better user experience, the Tracker will blink in the following sequences:

Entering Update mode: the 2 LED lights will blink

(blink 2X)

Updating the internal firmware, the 3 LED lights will blink rapidly until the update is completed.

(blink 3X)

6. Battery  
Uses CR-2032 x 1 piece