

# Fastrack Gesture Band

## USER MANUAL

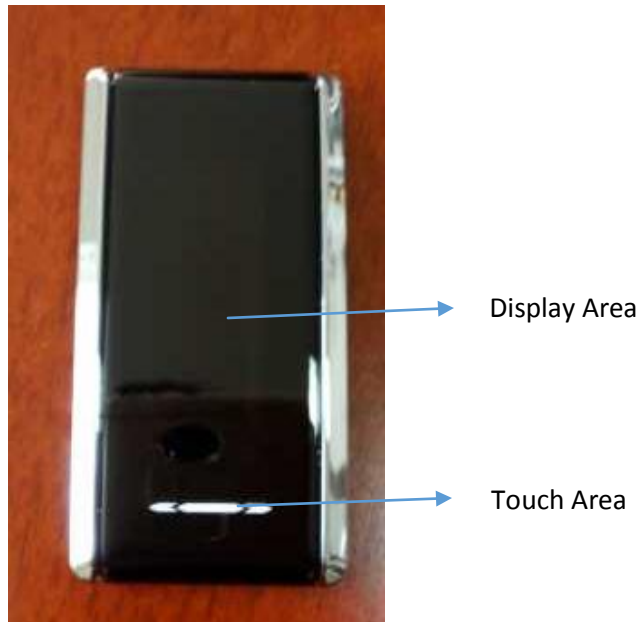


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## 1. Getting Started

The band will be shipped in off state. Long touch (> 1.5 sec) the touch area to power on the band. If the display does not come on, the battery could be drained on the band. Connect the charger, using the provided magnetic USB charger cable. The band should complete charging in about 2 hours. With full charge the band should last about 1 week time with normal use.



For the best experience, the band needs to be used with the connected phone app. Please install the GFit app from PlayStore for Android or from AppStore for iPhone. Select your FT-Ges-XXXX (where XXXX is the unique Bluetooth ID of the band) from the app startup screen. The app will pair with the band Bluetooth and connect. It will initialize the band with time, date, weather, meetings, settings and other details.

In this initial connectable state, the band will display below screen with each touch. The 2<sup>nd</sup> line will be a scrolling display showing the Bluetooth ID of the band.



New Pairing  
Start GFit App

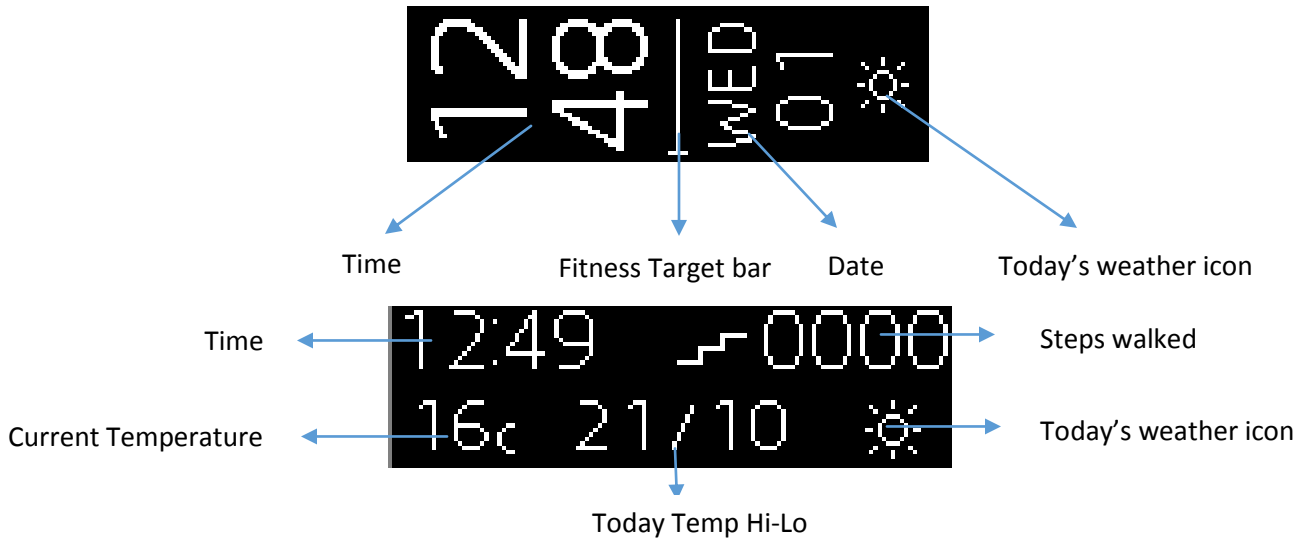
## 2. Band Screens

The band comes with 7 primary screens and 4 advanced setting screens. The main screens can be navigated with sliding touch (left to right or right to left slide).

Please note that when band is not connected to phone, only first 5 screens are available for viewing. The music and camera screens are shown only when band is connected to phone.

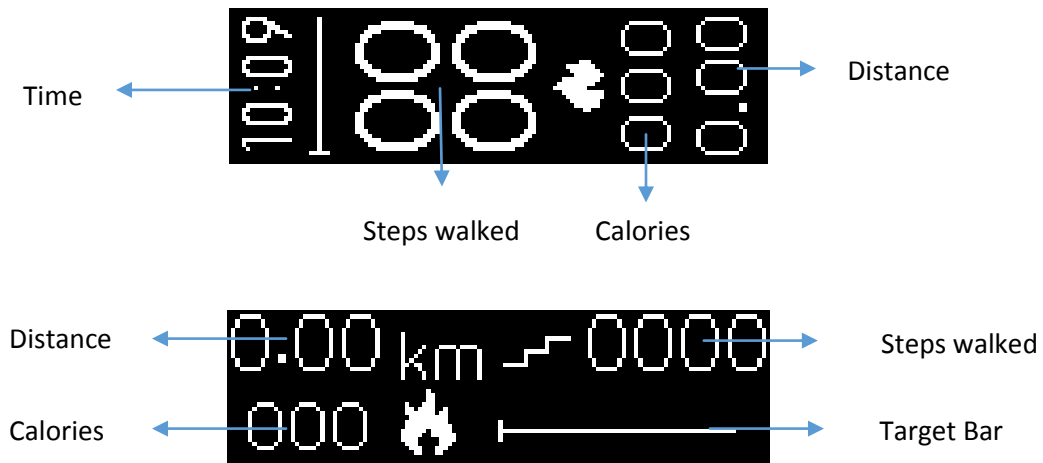
### 2.1 Combo Screen

The combo screen displays time, fitness and weather information. The combo screen can be toggled between horizontal and vertical modes with long touch (touch and hold for 1.5 seconds). The vertical mode is easier for viewing while the horizontal mode provides more information.



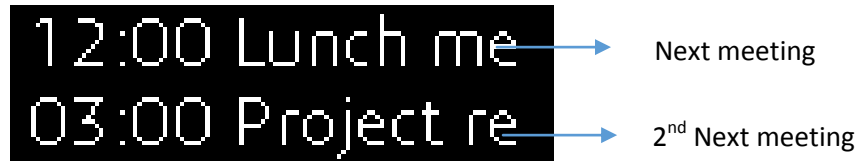
### 2.2 Fitness Screen

The fitness screen displays fitness details such as steps, calories burned, distance walked, and target bar. The fitness screen also can be toggled between horizontal and vertical modes with long touch (touch and hold for 1.5 seconds). The distance can be changed from KM to Miles from the phone app settings



### 2.3 Meeting Screen

This screen displays next two meetings for today. The band maintains up to 4 meetings for the current day and will display next two pending meetings. At the time of the meeting, an alert message is displayed to the user with vibration. The screen will display "No Meetings" if no meetings are scheduled for today or "No More Meetings" if meetings got completed today.



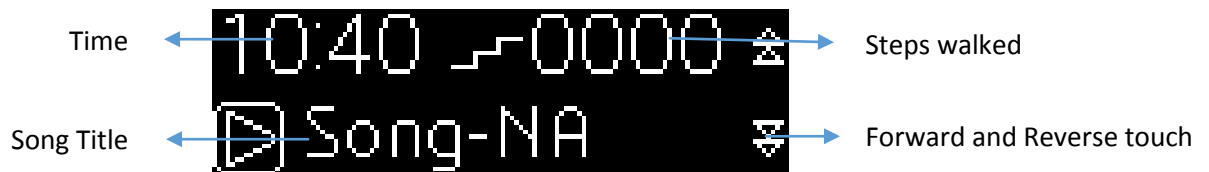
### 2.4 Date Screen

This screen displays date information along with alarm or second city time. The Alarm and Second City time can be toggled with long touch. The date information can be changed from DD/MM/YY or MM/DD/YY or YY/MM/DD formats from the phone app settings. The 2<sup>nd</sup> city and alarm time also can be configured from the phone app.



### 2.5 Music Screen

The band is designed for controlling the phone music (typically while working out). It displays time, steps and music title. The user can forward or reverse songs on his phone by touching forward or reverse arrow. The user can toggle the song play and pause with long touch. While in this screen, the band also supports music control gestures (please see gesture section). For the music forward and reverse control functions to work, the music has to be started on the phone first.

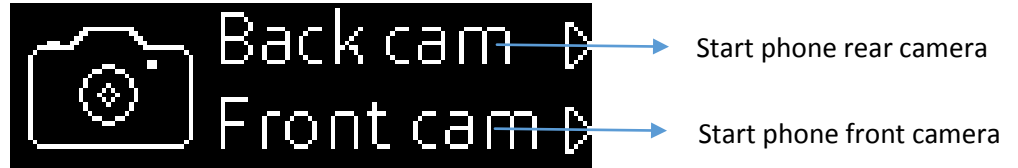


### 2.6 Camera Screen

The band can be used as a remote control for the phone camera. The user can take pictures from the phone in this screen. The user can trigger front camera (for selfie) or rear camera for taking photos. Make sure that the phone app is in the front (if it is in the back, a notification will be triggered for use to bring the app to front). Select back camera or front camera. The phone app will start the camera screen. Now the band will show "Ready for Snap" (if the app is not communicating, the band will show "Camera

error. Restart App”). Once the band is ready for the snap, the photo can be taken with long touch or with a gesture (please see gesture section).

Please note that the camera will be triggered from the phone app and not the default camera app of the phone.

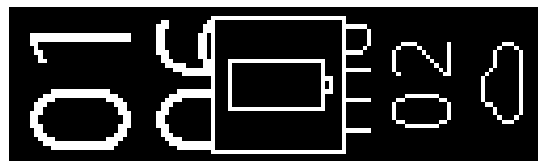


### 2.7 System Screen

This screen displays the band battery level and gives the option to go to the advanced settings screens. Advanced settings include 4 additional screens to do various operations



When battery level is low, low battery icon is displayed briefly each time screen comes on



#### 2.7.1 Settings 1:

Find phone will beep the phone. Touching the second time will stop the beep. The beep also can be stopped on from the phone (the band has to be connected to phone with phone app for this function to work)

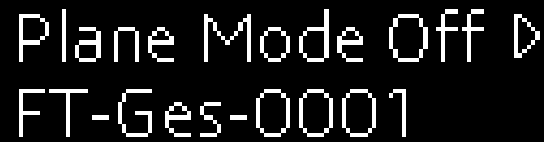
The sleep is monitored automatically by the band. The user can manually toggle the sleep start/stop by touching Start/Stop sleep. Please see more details on the Sleep tracking section



#### 2.7.2 Settings 2:

The Airplane mode can be switched on to turn on the Bluetooth on the band. Off state indicates normal operation with Bluetooth enabled. On state indicates Bluetooth off.

The 2<sup>nd</sup> line displays the Bluetooth id of the band. The phone needs to be paired and connected to this id



Plane Mode Off ▶  
FT-Ges-0001

#### 2.7.3 Settings 3:

If band needs to be connected to another phone than originally paired phone, the user needs to do factory reset. Before completing the factory reset a confirmation screen is shown stating “Unpair on phone”. At this time the user needs to quit the phone app and un-pair the device on the phone Bluetooth menu. Once factory reset is complete, the band can be connected to a new (or same) phone.

Restart BT will reset the Bluetooth on the band. This can be useful when Bluetooth connection becomes corrupted (Please see Bluetooth Connection section on how to recover from a bad connection)



Factory Reset ▶  
Restart Bt ▶

Please note that the Factory reset is confirmed on the band with the below screen. At this time user has to un-pair the band on his/her phone and double tap on the band. Any other touch (single tap or slide) will skip the factory reset.

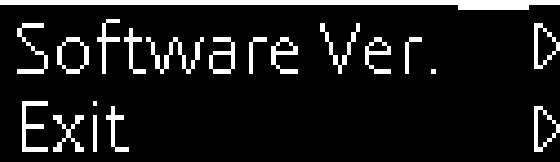


Unpair on phone  
Db/ Tap for Reset

#### 2.7.4 Settings 4:

This screen displays the software version of the band. The version information includes the OS firmware version and the Bluetooth firmware version number.

Exit will return the main combo screen.



Software Ver. ▶  
Exit ▶

### 3. Gestures

The band supports many gestures for user to control phone with natural hand movements. Some of the gestures include phone music control, camera selfie control on phone, phone call control and presentation control on the computer. For the gestures to work, the gestures should be enabled in the phone app settings (by default the gestures are enabled)

### 3.1 Bring To See

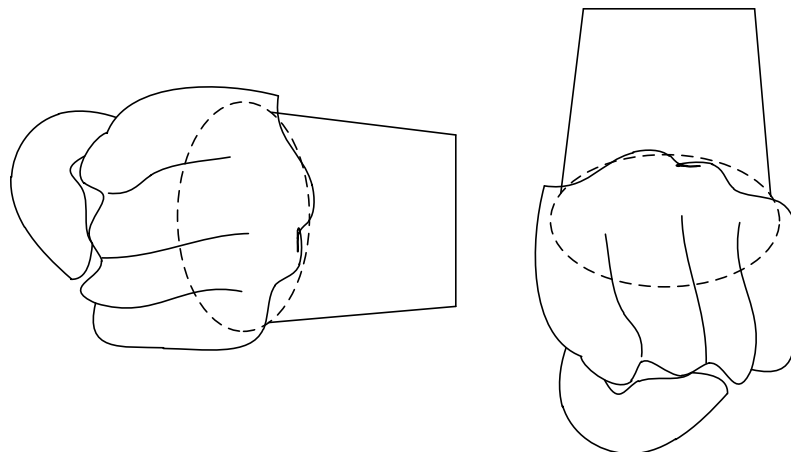
The band display can switch on with touch or with bring to see the gesture. When the user twists his/her hand and holds wrist to watch read position (hand tilted greater than 20 degree facing user), the display is switched on. This gesture is triggered with any of the below hand movements

- The user moves his/her hand from hand down to watch read position
- The user moves his/her hand from horizontal to full tilt of > 50 degrees of watch read position
- The user tilts his/her hand from hand vertical to more than 50 degrees to watch read position

Please note that it takes little over 1 second to for the display to come on after the hand is tilted in final position.

### 3.2 Music Gesture

The music gesture supports skipping to next song or going to the previous song played on the phone. The user has to start the song first on the phone. When music is started on the phone, the band will move to music screen. The music gesture will be enabled at this time. The user has to hold his/her hand horizontal facing front with the wrist in a vertical position (see below picture). Twist the hand from vertical to horizontal and back to vertical. Repeating this 2 times successively triggers music forward gesture. Starting hand in horizontal position and moving to vertical position 2 times and returning to horizontal triggers music reverse gesture



Wrist in Vertical position

Wrist in Horizontal position

Some of the items to note for the music gesture to work well

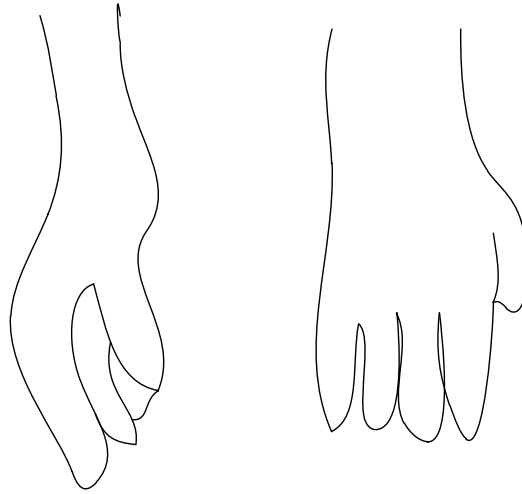
- Use the normal speed of two twists. Doing the twist too fast or too slow can fail the gesture
- The band has to be in music screen and song has to be playing on the phone

### 3.2 Camera Gesture

The user can take photos on the phone with the wrist gesture. Make sure the band is in "Ready for Snap" screen and phone app is in the camera screen (please see section 2.6 Camera screen for more details on to reach this screen). The user has to put his/her hand down and shake two times from parallel to body position to perpendicular to body position (as shown in picture below). This will trigger



the camera on the phone app with a 3-2-1 countdown to take picture. The gesture will work with both front camera and rear camera of the phone.



Hand down parallel to body

Hand down perpendicular to body

### 3.3 Call control Gesture

During incoming call ringing, the band supports ringer mute (only on android) and call reject functions with gestures.

On Android, to mute the ringer the user has to twist his/her hand with band display facing down for 1-2 seconds. The ringer will be muted on the phone.

To reject the call, the user has to use the gesture similar to music forward. The call will be rejected. In Android, if call reject response feature is enabled in phone app, a message is sent to the caller indicating that the user is busy.

Please note that the call control gesture is enabled only for first 20 seconds of the start of incoming call ringer

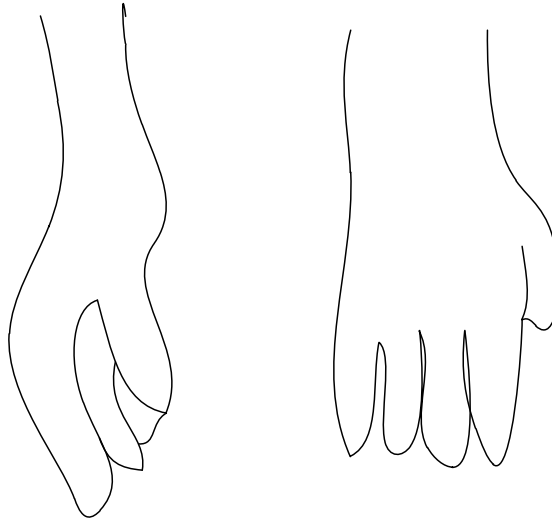
### 3.4 Presentation Control

The band can be used to control presentation on the computer. The user can forward slides or move back to previous slide. He/she can also use his/her hand as a mouse with air mouse gesture.

The band is connected to computer via phone. While the band to phone connection is Bluetooth, the phone to computer connection will be via Wi-Fi. The phone and computer have to be in same Wi-Fi network or the computer can be tethered to the phone Wi-Fi network.

The user has to install Gesture PPT software on the computer. Once this software is running, it will display the IP address of the computer. Next the user has to select “start presentation” from the drop down menu of the phone app. Here he/she will enter the IP of the computer to be controlled. Once connected, the app will display PPT control screen. The computer software will display connected message. The Band will display “PPT mode” message. The presentation gesture is enabled at this time.

For next slide, user has to go from position 1-2-1 (see below picture) two times consecutively. For previous slide, user has to go from position 2-1-2 two times consecutively.



1. Hand down parallel to body

2. Hand down perpendicular to body

For air mouse gesture, the user has to hold his/her hand horizontal and do a music reverse gesture (only once instead of two twists). Now the band will be put in air-mouse mode. Moving hand in air will move the mouse pointer on the computer presentation. The user can move hand to point at a specific item on the presentation similar to laser pointer. To stop the air mouse gesture, the user just moves his/her hand down for 2 seconds.

#### 4. Pedometer Function

The pedometer function provides the steps walked, calories burned, distance walked and active time by the user. By default the band assumes average male height for calculating calories and distance. If user enters his sex, height and weight on the phone app settings, the band uses those parameters to calculate more accurate distance walked and calories burned. The pedometer data is reset at midnight every day on the band. The historical pedometer data is maintained only on the phone app.

#### 5. Sleep Tracking Function

The band does automatic sleep tracking throughout the day. From this tracking it provides total sleep time, deep sleep time, light sleep time and wake time (wake in the middle of sleep). The results of the sleep data are displayed on the phone app in graphical and text results. This data is not shown on the band. The sleep data is reset at noon every day. The sleep data from noon to midnight sleep is saved in tomorrow date. The data from midnight to noon is saved in today date. If user slept from night 10pm to 6am, that data would be shown on the day he wakes up in the morning. The historical sleep data is maintained only in the phone app.

#### 6. Other Functions

##### 6.1 Notifications

When any message notifications alerts arrives on phone, the band is alerted with vibration. Any slight movement of the wrist at this time (or touch of the band) will activate scrolling text display of the notification. First line will display type of notification and the subject or sender name. The second line will display scrolling text of the notification message. For the next 30 seconds the band will be in Notification state. Touching the band during this time will repeat the scrolling notification display. The

notification types are SMS, Email, Facebook, Twitter and Others (Whatsapp, Wechat etc). The notification can be enabled or disabled in these categories using the phone app.

A black rectangular display showing the text "SMS: Phtl" on the top line and "Test message for" on the bottom line in a white, pixelated font.

### 6.2 Call Alert

During incoming call on the phone, the band is alerted with vibration and caller number or name is displayed. The ringer can be muted or call rejected with gestures (see section 3.3 for details)

A black rectangular display showing the text "Call From" on the top line and "Phtl" on the bottom line in a white, pixelated font.

### 6.3 Phone Lost Feature

If the band moves away from the phone (Bluetooth range of > 30ft), the band can alert the user with vibration. This feature is disabled by default. This feature can be enabled in phone app settings "Gesture and Misc".

A black rectangular display showing the text "Alert: Phone" on the top line and "Connection Lost" on the bottom line in a white, pixelated font.

### 6.4 Right Hand Mode

The band can be worn on the right hand with display inverted to match the right hand. This feature can be enabled in phone app settings "Fitness & Sleep"

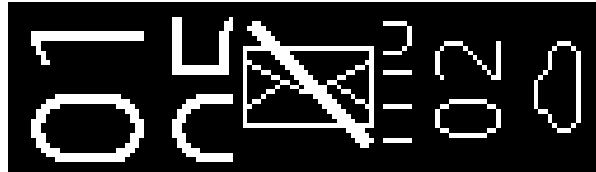
## 7. Bluetooth Connection

The band uses Bluetooth 4.1 BLE connection with the phone. When the band and the app are started for the first time, the band starts in connectable mode and the phone app connects to the band. The user has to select Ft-Ges-XXXX device in the app to connect to his/her band.

Typical range for Bluetooth connection is about 30ft (10M) in open condition and 10-30ft (3-10M) in non-open condition. When the band is out of range the Bluetooth will be disconnected. This is indicated with Bluetooth disconnected icon displayed briefly with each display on. The band should connect back to the phone when they are back in the range.



Sometimes during reconnection the Notification connection might not take place. This is indicated with notification missing icon.



If the Bluetooth is disconnected or notification is disconnected when phone is in range, please use the below steps to recover connection. This connection issue can happen when the Bluetooth connection gets corrupted either on the phone or on the band.

- Touch the band to wake it up and bring the phone app to front on the phone. The phone app should try to reconnect to band.
- If connection is not restored
  - o Quit the app (select drop down menu on android app and select quit. In iphone slide out the app)
  - o Switch off Bluetooth on the phone and switch it back on
  - o Restart the app
- If connection still fails
  - o Go to Advanced setting screen on the band and select Restart Bluetooth (see section 2.7.3)
  - o Restart the app on the phone
- If all the above attempts fail, do a factory reset and do new pairing (see section 2.7.3)

## 8. App Usage

This section covers the app usage for Android and iPhone connected app for the band. While the app usage is very similar between both platforms, there are minor differences. This document describes the Android usage while highlighting the differences in iPhone.

### 8.1 Initial Connection

The app starts with the connection screen and looks for Bluetooth devices with names FT-Ges-XXXX. During first time use, when no device is paired, it will list all the nearby devices with matching FT-GES names. User has to make sure his band is in connectable state (new band or band that is factory reset). He can select his band from the list to pair and connect.

When app is run after this initial connection, it will connect directly to previously paired band unless there are more than one paired bands. If more than one paired bands are found, user is given option to select the band to connect to.

After initial connection the app will take the user to accessibility screen. User has to enable notification access to this app and press back button to return to the app. In android, the app will display "Pairing complete. Press ok to restart". The app will restart and connect to the band.

If you miss to enable notification access, you can do it by phone's settings menu using below steps (shown for some popular phones)

Samsung S5: Settings -> Sound and Display -> Sounds and Notifications -> Notification Access -> Check G-Fit app.

Nexus 5 or HTC: Settings -> Sound and Notifications -> Notification access -> Check G-Fit app.

Nexus 6: Settings -> Apps -> Select Setting button on this Apps page -> Special access -> Notification Access -> Check G-Fit app.

MI phones: Settings -> Additional settings -> Privacy -> Notification access -> Check G-Fit app

KitKat Versions: Setting->Security->Notification Access-> Check G-Fit app.



## 8.2 Fitness main Screen

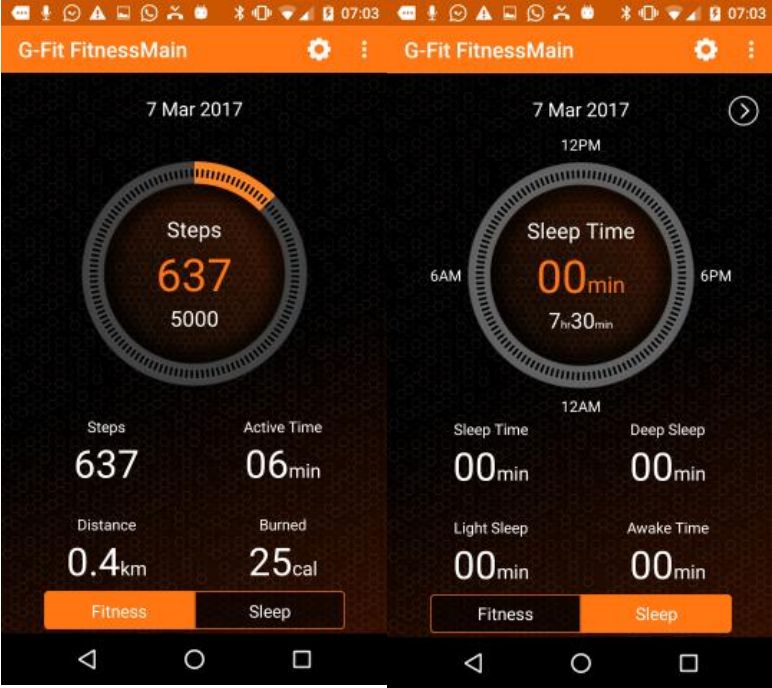
The fitness main screen displays current day's fitness data and today morning (yesterday night) sleep data. The fitness or sleep sections are switched with toggle button at the bottom.

The fitness screen displays target wheel with current steps and progress to target. The text section displays Distance walked, Calories burned and Active time for the current day. The target, the default 5000 steps, can be changed in settings

The sleep screen displays target wheel with hours slept in the intended target. The text section displays the total sleep, deep sleep, light sleep and wake up time (from the middle of sleep). The target sleep can be changed in settings

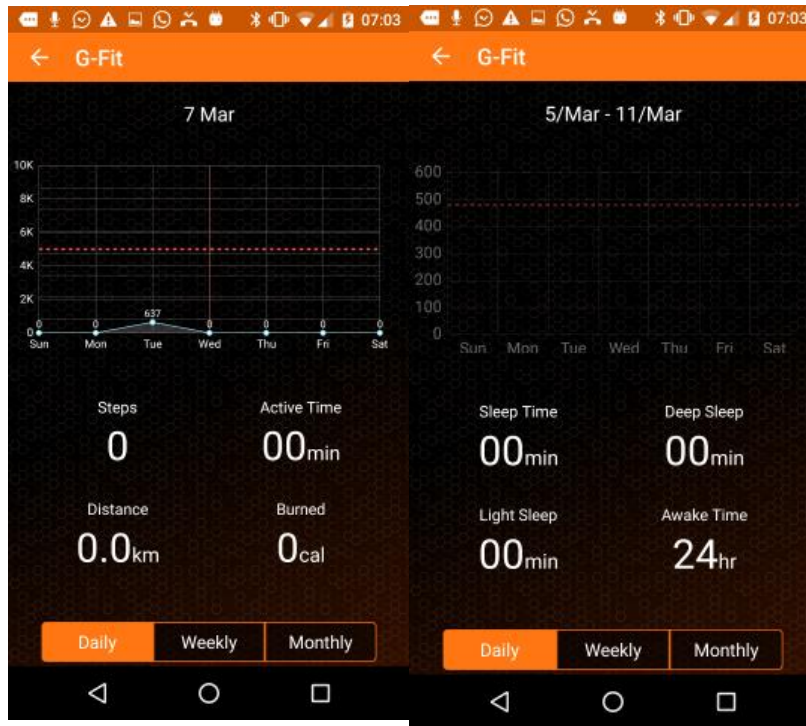
The fitness wheel displays target reached in orange color. If fitness or sleep exceeds target, the excess of target is displayed in red color on the wheel.

Touching the center of the wheel in either fitness or sleep screen will take the user to corresponding historical information screen.



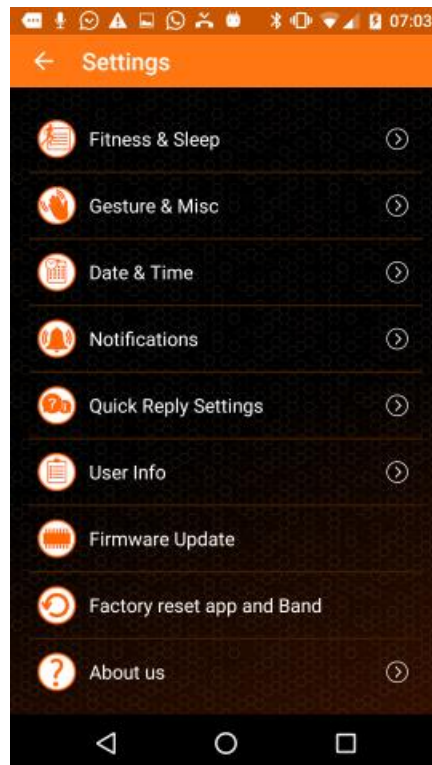
### 8.3 Fitness Historical Screen

This screen displays historical fitness data or historical sleep data (depending on how this screen is reached). The historical information can be displayed in daily (7 days data) or weekly (7 weeks data) or monthly (12 month data). Moving the red line on the graph will display corresponding day/week/month details in the below text section.



#### 8.4 Settings Screens

Settings screens are used to enter customer fitness details, target steps and other app and band settings. The settings screen is further categorized into several sections



#### *8.4.1 Fitness & Sleep*

Sleep Enable: Enables/Disable Sleep detection

Daily Target: Change default 5000 steps per day target. Range is from 1000-30000

Wearing Info: Left hand or right and wearing of the band. Right hand will invert the display on the band to suit right hand wearing

Sedentary Reminder: Enable or disable the sedentary reminder. If enabled, select the duration for sedentary time. Default is 2 hours

The band will alert user with "Idle for XXX time" when user does not walk for this amount time during day time (8am to 8pm)

Sleep target: Change the default sleep target from 8hr to a different time

Distance format: Display distance on band either in KM or Miles. The default is KM

Google Fit or Apple health: Google fit or Apple health integration on or off

#### *8.4.2 Gesture & Misc*

Wrist Gesture: Enable/Disable gestures on the band

Bring to See: Enable/Disable bring to see. If enabled, tilting or moving the hand to watch read position will switch on the display

Phone Lost Enabled: If this option is enabled, the band will vibrate if phone is away from the band.

Please note that disabling the wrist gesture and bring to see will improve battery life of the band.

#### *8.4.3 Date & Time*

Sync Band Time: Selecting this will update the band with current time and date. The app will keep the band time in sync periodically. This option will override the band date and time once.

Date Format: The date format can be changed from default DD/MM/YY to MM/DD/YY or YY/MM/DD. The band will display date in this format in its date screen.

Time Format: Time format can be changed from default 12hr to 24 hr clock. The band will display time in this selected format

Weather: Weather format can be changed from default Centigrade to Fahrenheit units. The band will display weather temperature in this selected units

Set 2<sup>nd</sup> Location: A second city can be selected from this menu. The band will display time for this city in its Date screen

#### *8.4.4 Notifications*

Notifications can be enabled/disabled for email, facebook, twitter, sms and other categories. The other categories include Whatsapp, WeChat and Messenger etc. The band will do a vibration alert only for categories enabled here.



#### *8.4.5 Quick Reply Settings*

If this setting is on and a default text is given, this text message will be sent to the caller via SMS when user rejects an incoming call with gesture on the band

Please note that this option is enabled only for Android as SMS reply is not supported in iPhone

#### *8.4.6 User Info*

User can enter his name, gender, age, height and weight information in this screen. The gender, height and weight information is used to calculate distance and calories burned from steps. The user can also take his picture from this screen or load it from album. This picture icon is shown in some of the app screens.

#### *8.4.7 Firmware Update*

User can manually update the band firmware with this option. The firmware update will include bug fixes and improvements to functionality on the band.

The app will periodically inform the user when there is update available for the band. This option is provided for user to manually update the firmware

#### *8.4.8 Factory reset*

The user can do factory reset of the band from band screen or from this option. With factory reset, all the user fitness data is erased. Once done, user has to start with new pairing of the band to phone. This option is useful when user is switching band to phone or the band gets into bad Bluetooth connection state.

### *8.5 Drop down Quick menu settings*

In addition to main settings screen, the app provides few quick action items from settings drop down menu

**Test Message:** Sends a test message to band. This option is useful to confirm that the phone and band are connected

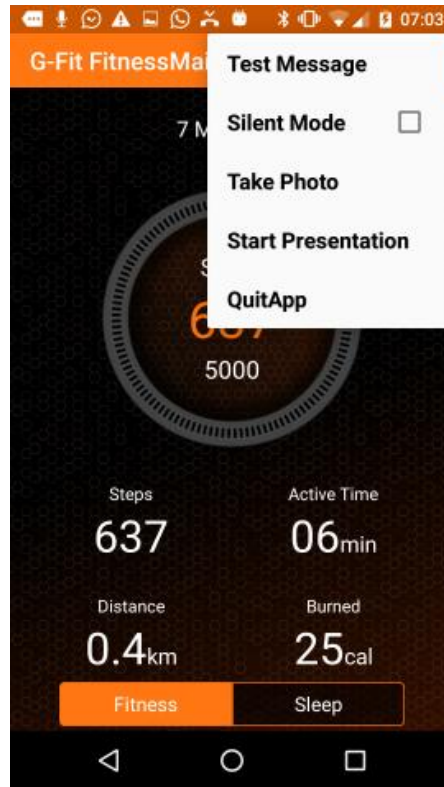
**Silent Mode:** This is a do not disturb mode that keeps the band in silent mode without vibrations for notifications

**Take Photo:** The user can start camera gesture mode from this option. Once selected, the app will move to camera screen. The band will display "Ready for Snap". The user can take photo at this time with camera gesture. This screen can also be triggered from band as described in section 3.2 Camera gesture.

**Start Presentation:** The app will trigger presentation mode and will put band and connected computer in presentation mode. The user can control presentation with presentation gestures. Please see section 3.4 Presentation Control section for more details.

**Quit App:** The app is fully quit with clearing the Bluetooth connection. This full quit option is different from quitting the app from OS sliced out. This option is useful when app is in bad connection state.

This option is not available in iPhone.



## Specification

Bluetooth:	4.1 BLE
Accel:	6 axis Accelerometer and Gyro
Micro:	M0 Microcontroller
Touch:	Capacitive touch
Display:	High brightness 128x36 pixel OLED display
Radio Frequency:	2.4GHz to 2.48GHz
BLE profiles:	GATT, Custom SPP over BLE, ANCS
Charging Time:	2 Hour
Charging Input:	5V 200mA
Battery Type:	Lithium Ion Polymer 90mAh
Typical Life:	1 week with normal use
Water Resistance:	IP67
Compatibility:	Android 4.4 or above. iPhone iOS 7 or above with Bluetooth 4.0 support

## Features:

- High accuracy Pedometer with graphical steps, calories and distance
- Sleep tracking with auto detection
- Notifications with scrolling text
- Call Alert with option to mute and reject
- Meeting and Alarm Alerts
- Multiple screens with Time, date, weather, pedometer, meeting and system information display
- Gesture Support: Bring to See, Call Reject/Mute, Music Control, Camera/Selfie control
- Advanced Gestures: Presentation pointer, next, previous slides: Other position control
- Sliding Proximity Touch
- Replaceable Strap
- Connected phone app for iPhone and Android

## 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 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

**FCC Radiation Exposure Statement:**

- This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.