



Nike+ FuelBand SE

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Welcome

Welcome to your Nike+ FuelBand SE, a device that measures your everyday activity and turns it into NikeFuel. NikeFuel reflects your level of effort throughout the day. It's calculated the same way for everyone, so you can compare and compete with friends and other Nike+ members. Plug your Nike+ FuelBand SE into your computer's USB port or sync wirelessly through Bluetooth LE with our mobile app to access Nike+ where you can track your performance, see results and get motivated to do more.

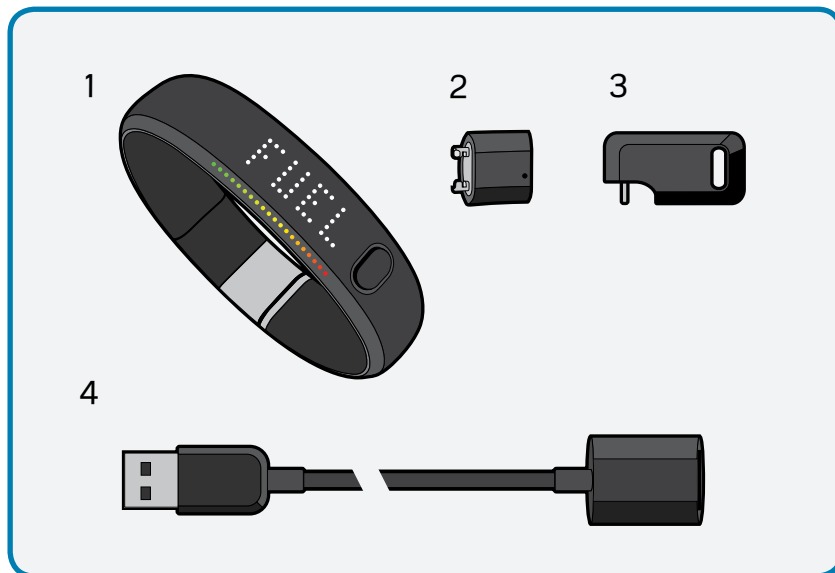
System Requirements

TO USE YOUR NIKE+ FUELBAND SE, YOU MUST HAVE:

- One of the following two operating systems:
 - Mac (OS v10.6 and above)
 - PC (Windows XP, Vista, 7 or 8)
- A USB port
- Internet access (broadband recommended, fees may apply)
- Approximately 25 MB free space for Nike+ Connect installation
- Optional mobile app available for iOS 6.1 and above, in English, French, German, or Japanese; iPhone 4gs and above, iPod Touch 5th gen and above (For the latest compatible handsets check nikeplus.com/support)

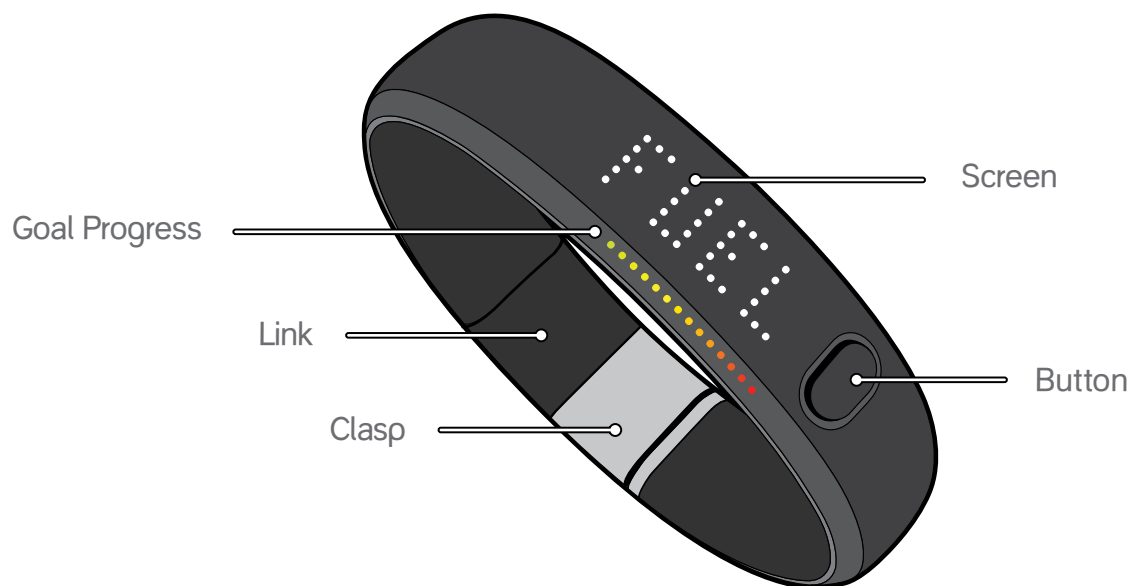
Included in the Box

WHAT'S INCLUDED IN THE NIKE+ FUELBAND SE BOX



1. Nike+ FuelBand SE (with 8mm link)
2. 16mm Link
3. Sizing Tool
4. USB Cable

Overview



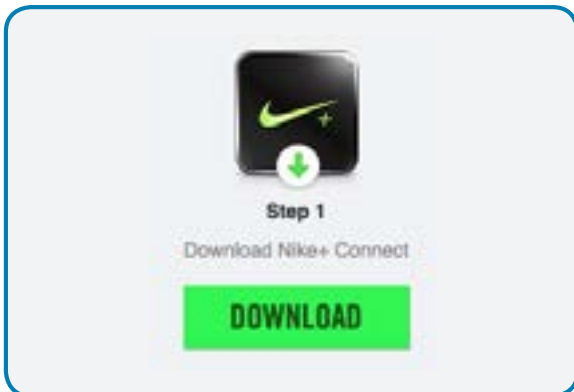
Getting Started

Set Up

You'll need to set up your Nike+ FuelBand SE before you use it. To get started, open an internet browser on your computer and go to www.nikeplus.com/setup.

1. DOWNLOAD AND INSTALL NIKE+ CONNECT

The Nike+ Connect software allows you to sync your data to Nike+, customize your settings, and set your daily NikeFuel goal.



Click on "Download Nike+ Connect" to save the Nike+ Connect Installer file to your computer.



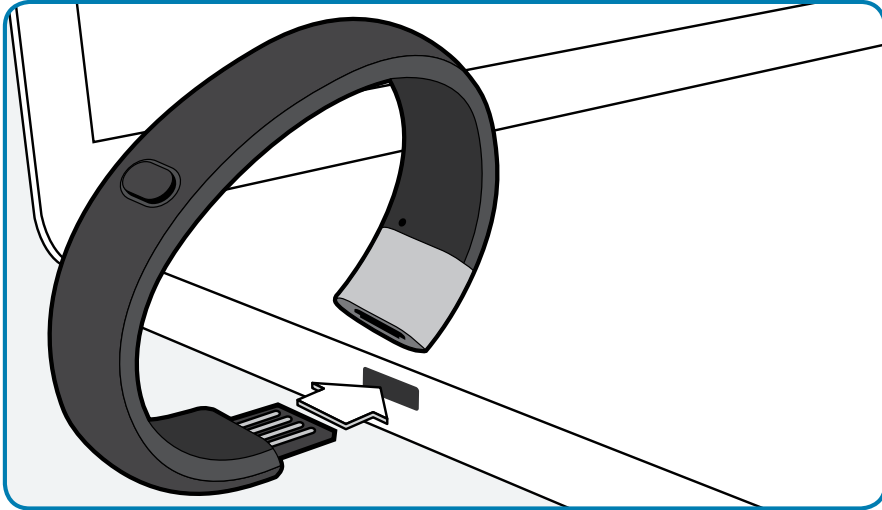
Once downloaded, the Nike+ Connect Installer should automatically open.

If it does not automatically open:

Mac: Double click the downloaded Nike+Connect.dmg file. When it opens, double click the Nike+ Connect Installer.mpkg file.

PC: Double click the downloaded Nike+Connect_Installer.exe file.

Follow the on-screen instructions to install the software.



Take your Nike+ FuelBand SE out of the box and plug it into a USB port on your computer. You can also use the USB cable that came in the box.

Each time you connect your Nike+ FuelBand SE to this computer, the software will automatically launch, uploading your activity to nikeplus.com and removing it from the Nike+ FuelBand SE's memory.

Note: You can download and install the software to more than one computer.

2. MAKE IT YOURS

Enter your height and weight so Nike+ FuelBand SE can accurately calculate your daily results. Indicate which wrist you'll wear it on so the LED display orients correctly. You can also give your Nike+ FuelBand SE a unique name, which will show up in the mobile app and will help distinguish between your devices if you have multiple Nike+ FuelBands.

3. SET YOUR DAILY GOAL

Choose how active you will strive to be each day. Don't worry, you can adjust your daily goal any time (see page 19).

4. JOIN THE NIKE+ COMMUNITY

In order to save your activity and view your progress, you'll need to create a Nike+ profile. Nike+ is also a great way to share activity with friends and get motivated to reach your goals.

To create a new account, click "register!"

If you already have a Nike+ account, you can log in with your email address and password, or use your Facebook account. Once you've joined Nike+ or logged in to your account, click the green "Finish" button to complete the set-up process.

5. CHARGE

Your Nike+ FuelBand SE needs to charge completely. The battery icon on the Nike+ FuelBand SE display will fill to indicate the level of your battery's charge. Once your battery is charged, unplug Nike+ FuelBand SE from your computer, put it on, and get moving!

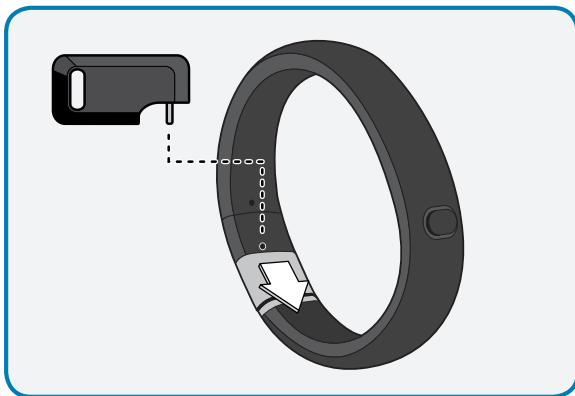
Adjusting Your Fit

NIKE+ FUELBAND SE IS DESIGNED TO BE WORN ON YOUR WRIST



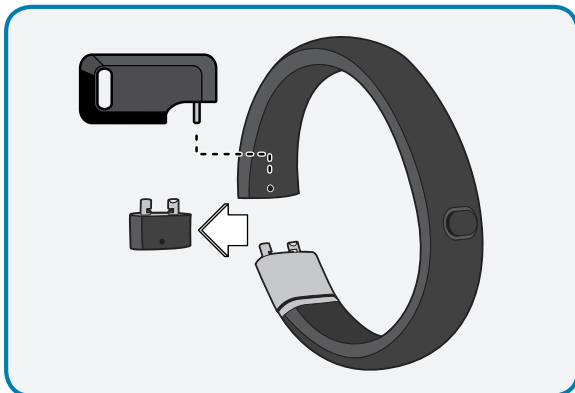
Your Nike+ FuelBand SE comes with two extender links—an 8mm link that's already inserted in the band and an extra 16mm link. You can add or remove the links to make the fit looser or tighter.

REMOVING LINKS



1. Insert the pin on the Sizing Tool into the hole on Nike+ FuelBand SE. (If you no longer have a Sizing Tool, a bent paperclip will also work.)

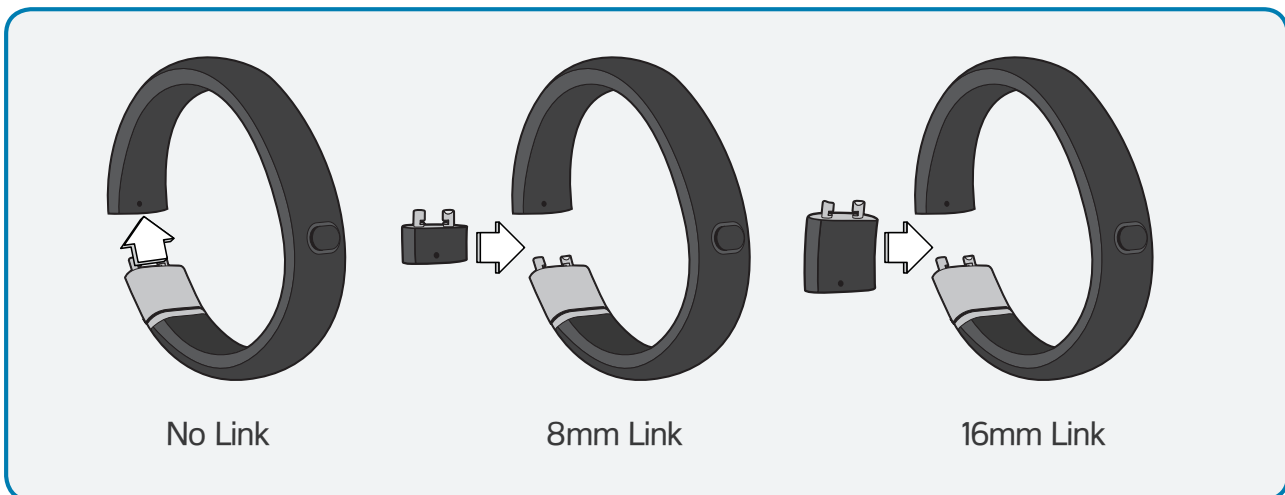
Push down until you feel the link release.



2. Push the pin into the hole on the 8mm link to release it from the clasp.

ADDING LINKS

Connect the links to the band as shown below, and snap the band closed.



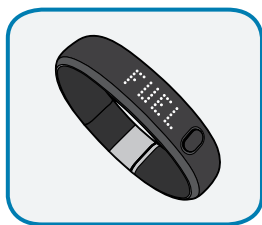
Display

The LED display on your Nike+ FuelBand SE lets you view results, check progress and access advanced features with the press of a button.

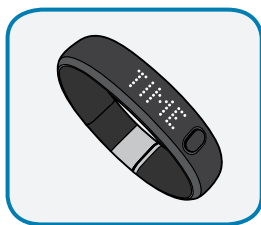
Note: When the Nike+ FuelBand SE is connected to a PC or wall charger, the button becomes inactive.

View Your Results

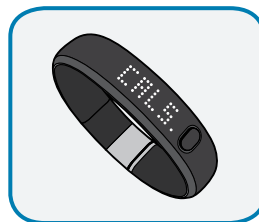
A short press of the button will cycle the display through your current day's results in this order:



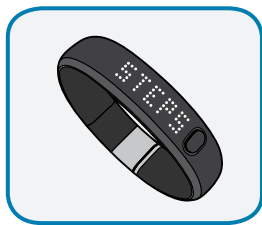
NikeFuel Earned



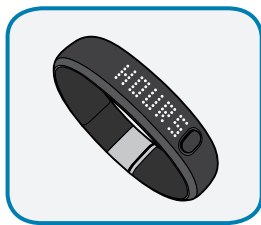
Current Time



Calories Burned



Number of Steps Taken



Hours

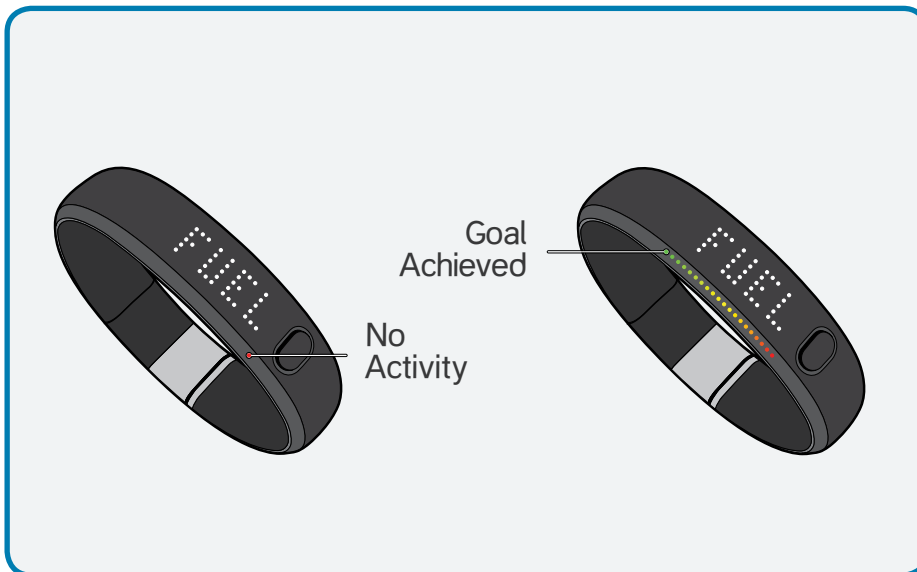
Three seconds after releasing the button, the display will go into a sleep state. A short button press resumes the cycle to the last result seen.

Brightness

The brightness level of the display automatically adjusts according to the light levels in your environment. The brighter your environment, the brighter your display.

Progress Toward Your Daily Goal

Nike+ FuelBand SE's display represents your progress toward your Daily Goal.



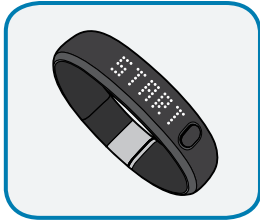
It will start each day with a single red light and a flashing green light that represents your daily NikeFuel goal. As your activity increases, Nike+ FuelBand SE will light up to yellow, then turn to green. When you fill all the green lights, you've hit your Daily Goal.

Once you hit your Daily Goal, your first short button press will reveal a celebration.

Nike+ Sessions

Label your activities and track your progress with Nike+ Sessions. You can start a Session directly from your Nike+ FuelBand SE.

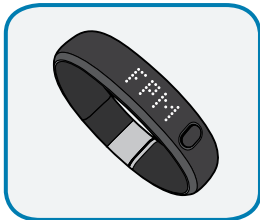
How to Start a Nike+ Session



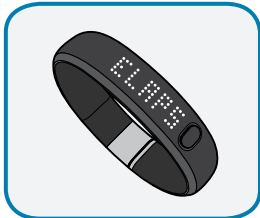
1. To start a session, hold down the button on your Nike+ FuelBand SE until it says, "START" on the display. Press the button again when this is displayed.
2. The band will give you a countdown to start – 3, 2, 1, GO!

To signify that you currently are in a session, a blinking LED light will appear on your Nike+ FuelBand SE.

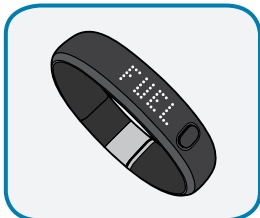
Once your session is started, a short press of the button will cycle the display through your in-sessions metrics.



NikeFuel per Minute (Average from entire session)



Elapsed time in-session



NikeFuel earned in-session



To end your session, hold down the button on your Nike+ FuelBand SE until it says, "END" on the display. Press the button again when this is displayed. Your Nike+ FuelBand SE will then display your average NikeFuel per Minute, total time of the session, and the total NikeFuel earned for the session.

Once you have ended your session, the blinking LED light on the Nike+ FuelBand SE display will also disappear.

Other Features on Your FuelBand SE

TIME OF DAY

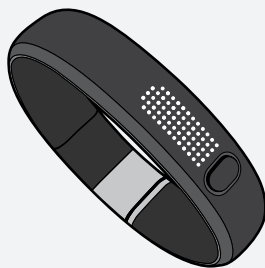
In order to see the time of day, simply press the button on your Nike+ FuelBandSE twice. This can be done while you're in the information loop, or even while you're in a Session.

BATTERY LOW

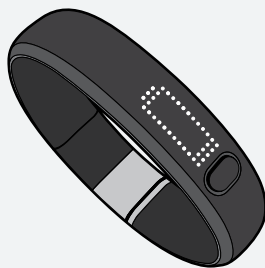
When your battery is running low and needs to be recharged, a battery icon will be displayed on your first short button press. (You can press the button again to dismiss the icon and view your results).

When your battery has zero charge left, the plug in icon will display, indicating you must plug Nike+ FuelBand SE into your computer to charge.

See page 21 for instructions on how to charge.



Full Battery



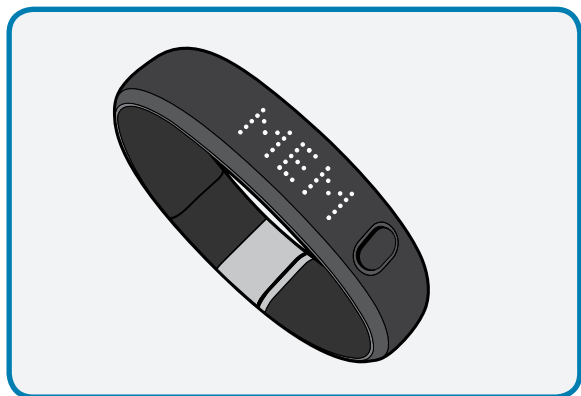
Low Battery



Plug In

MEMORY FULL/LOW

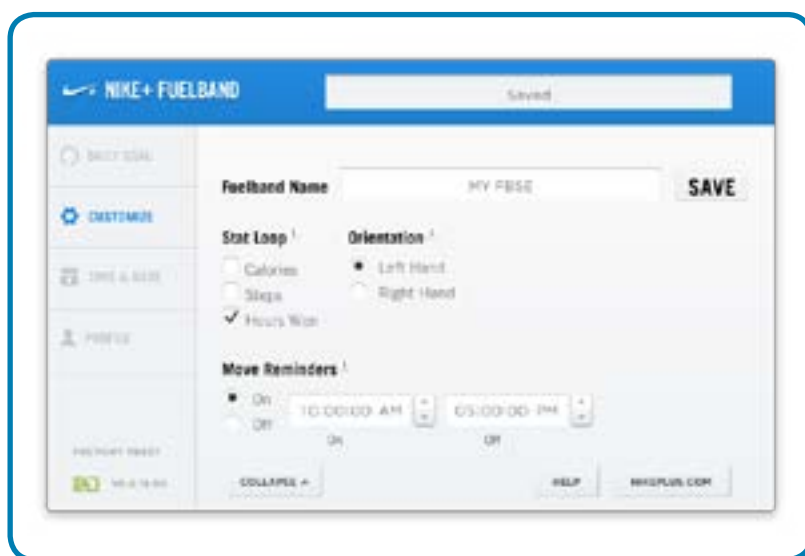
When the internal memory on the device reaches 80% full, "MEM LOW" displays on a first button press followed by the plug icon. When the internal memory on the Nike+ FuelBand SE reaches 100% capacity, "MEM FULL" displays on the first button press followed by the plug icon. To clear the memory, just sync your Nike+ FuelBand SE activity to your Nike+ account.



Customizing the Display

CUSTOMIZE NIKE+ FUEL BAND SE DISPLAY USING NIKE+ CONNECT

The Customize Tab on Nike+ Connect allows you to add and remove items from your Nike+ FuelBand SE display.



TIME & DATE

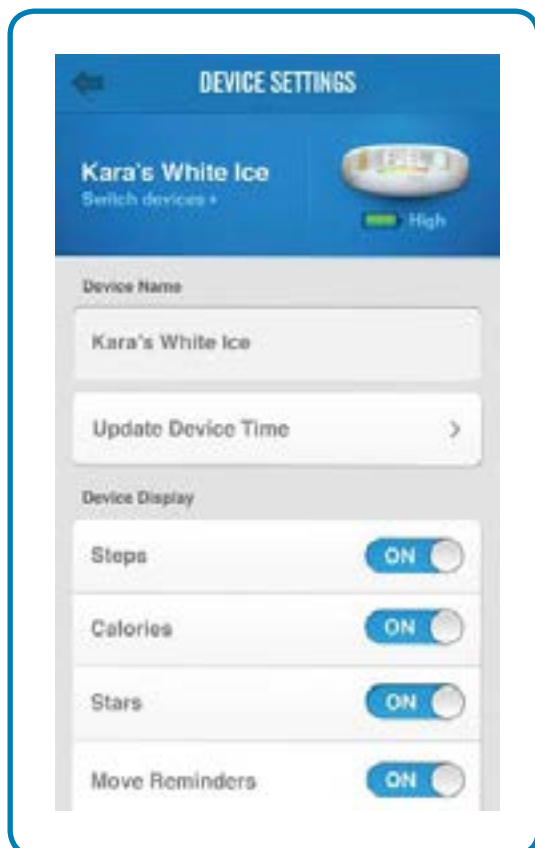
Plug into a computer running the Nike+ Connect software to set your Nike+ FuelBand SE's date and time. Nike+ FuelBand SE will automatically be set to the time and date on that computer. To set the time manually, click on the Time and Date tab, then click "manually set the time and date" to make adjustments.

Check the box "Use 24-hour time" to display the time in a 24-hour time format.

CUSTOMIZE NIKE+ FUEL BAND SE DISPLAY USING YOUR MOBILE PHONE

To customize the display on your Nike+ FuelBand SE from your phone, you must first download the Nike+ FuelBand mobile app and pair your Nike+ FuelBand SE with your phone (see page 15).

Then, open the app and sync your Nike+ FuelBand SE activity via the Bluetooth connection (see page 16). Now, swipe to the right to reveal your Nike+ FuelBand menu tray. Select "Settings" and then "Device Settings" to personalize your display options.



Connect to Mobile Device

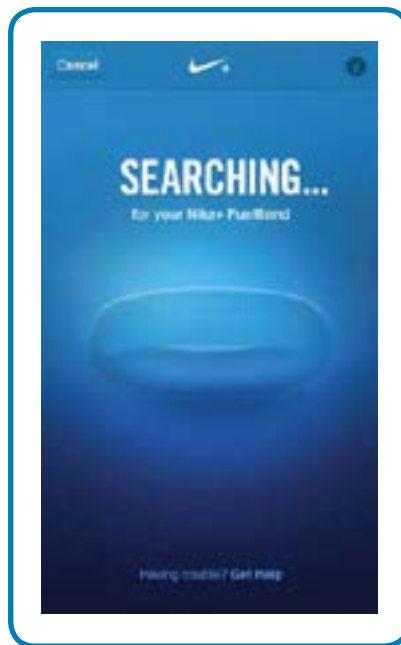
Get the free Nike+ FuelBand mobile app to track your progress and get extra motivation on the go. You can now sync wirelessly and automatically via Bluetooth LE. Available for iOS 6.1 and above in the **Apple iTunes Store**. Check nikeplus.com/fuelband for compatibility with other handsets.

Bluetooth Pairing

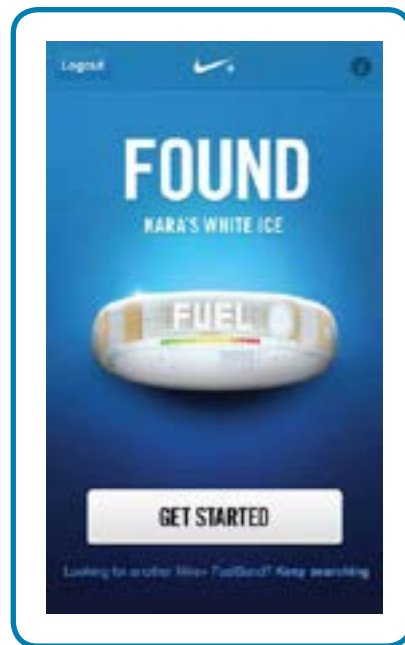
First, you must “pair” your Nike+ FuelBand and mobile phone so they can communicate. You only have to do this once.



1. Go to Settings in your iOS device and activate Bluetooth.



2. Open the app and it will automatically begin to search for your Nike+ FuelBand SE.



3. Your Nike+ FuelBand SE was successfully found and linked to your app.

Once successfully paired, you are ready to sync and track your progress using the Nike+ FuelBand app.

How Syncing Works

SETUP

The first time you open the Nike+ FuelBand SE app, the app will prompt you to sign into the Nike+ account used when you set up your Nike+ FuelBand SE. You must sign in to pair your Nike+ FuelBand SE automatically to your iOS device.

SYNCING

When your app is opened and your Nike+ FuelBand SE is within range and charged, it will automatically sync your NikeFuel to your account. The Nike+ FuelBand SE app will also sync at different intervals if the app is in the background of your iOS device.

A progress indicator will inform you when all activity is synced to your Nike+ account.

If connected, you can sync to Nike+ again by pulling down the home screen of the app with your finger.

If you are logged in to your Nike+ FuelBand mobile app and you're having problems syncing, ensure that your FuelBand is fully charged, within range, and is actively moving.

Track Your Progress

You can upload your activity to Nike+ using your computer or mobile device. On Nike+ you can track your progress, set goals and share achievements.

Upload Activity to nikeplus.com

To sync activity wirelessly to the Nike+ FuelBand mobile app, see page 16.

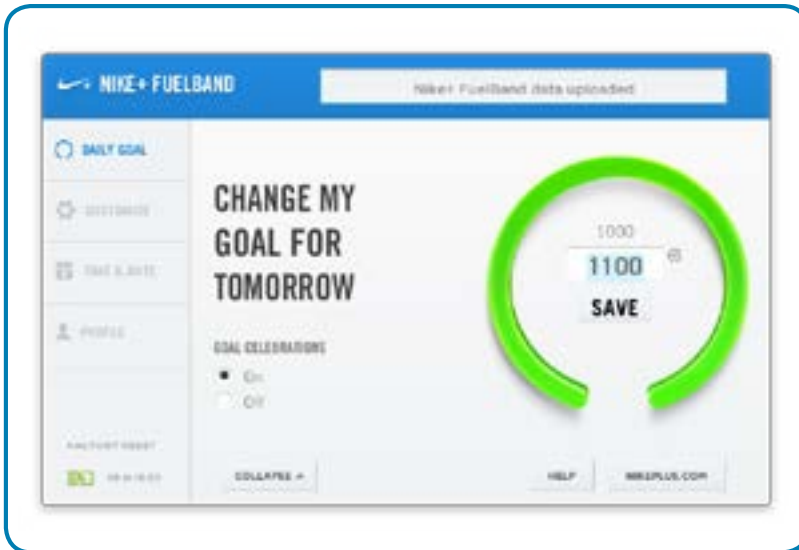
TO SYNC YOUR ACTIVITY TO NIKE+ USING YOUR COMPUTER:

1. Connect your Nike+ FuelBand SE to a USB port on a computer installed with Nike+ Connect software. Make sure the USB connector is dry before you attach it to your computer.
2. Nike+ Connect will automatically launch and upload your activity to nikeplus.com. When the upload is complete, the message "All activity uploaded" will appear on the Nike+ Connect software.
3. Your web browser will open automatically and take you to nikeplus.com. Sign into your Nike+ account to track your goals, challenge your friends, share your progress through Facebook and get the motivation to do more.
4. It is now safe to unplug your Nike+ FuelBand SE (or USB cable) from the computer.

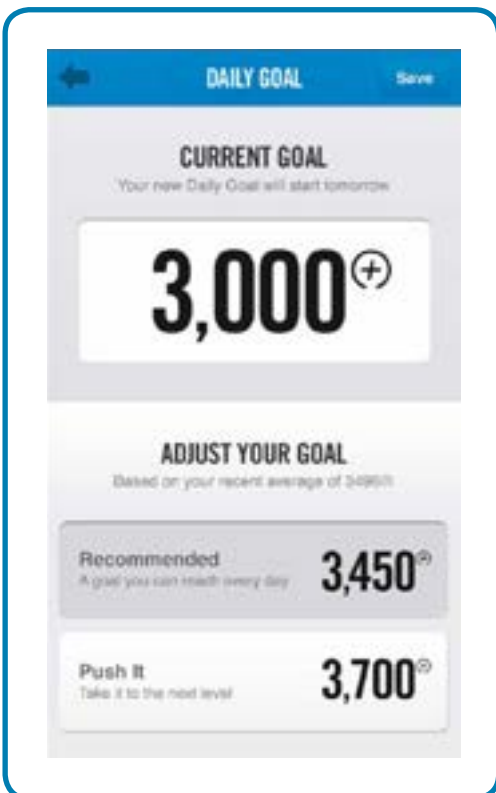
Note: If no Internet connection is detected, Nike+ Connect will show the message "No internet connection." Click on the Try Again button to reconnect.

Changing Your Daily Goal

You can increase or decrease your daily activity goal any time from your Nike+ Connect software.



You can also change your daily goal using the Nike+ FuelBand SE app. To do so, go to the left tray > "Settings" > "Daily Goal," or simply tap on your NikeFuel score on the app's home screen.



Nike+ FuelBand SE Features

Find out how you did this week, month and beyond. Nike+ breaks your activity down and graphs it up, so you can make sense of it at a glance. It also keeps track of your progress and rewards your achievements along the way.

DAILY GOAL

The more active you are during the day, the more your NikeFuel Gauge fills up. Hit your Daily Goal and get to green.

NIKE+ SESSIONS

From tennis to basketball to walking, label your activity and track your progress with Nike+ Sessions. You can start a Session from your Nike+ FuelBand SE or from the mobile app.

VIEW PROGRESS

View results by day, week, month, or year so you can get a big picture of your progress.

STREAKS

Get to green multiple days in a row, and you're on a streak. See how long you can keep it going.

WIN THE HOUR

Win the hour by staying active for 5 consecutive minutes each hour.

RECORDS

Nike+ keeps track of your best day, best week, best month, and longest streak.

NIKE+ GAMES

See the trophies you can take home when you earn more NikeFuel and complete special tasks.

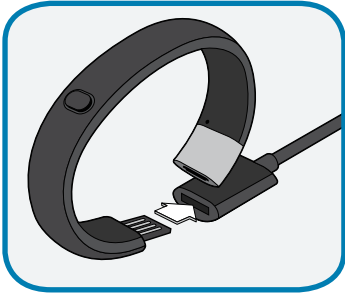
MILESTONES

Nike+ rewards your success over time with Time Milestones, and your Fuel accomplishments with Fuel Milestones.

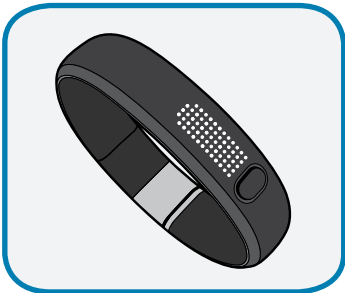
Maintenance

Charging

You can charge Nike+ FuelBand SE using the included USB charging cable:



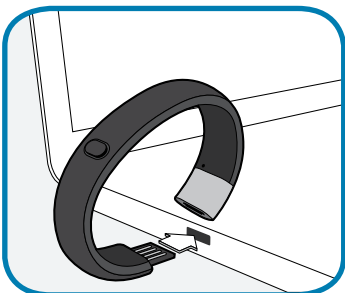
Plug Nike+ FuelBand SE directly into the USB cable.



It takes approximately 3-4 hours for the battery to fully charge. You can view your charge level in Nike+ Connect or by checking the icon on your Nike+ FuelBand SE's display. The battery icon will change from empty to full to indicate the amount of charge left on the battery.

OR

You can charge your Nike+ FuelBand SE by connecting it to your computer's USB port.



Updating the Nike+ FuelBand SE

Each time you plug Nike+ FuelBand SE into the USB port on your computer, Nike+ Connect will check for new firmware (updates for your Nike+ FuelBand SE). When new updates are available, a message in Nike+ Connect will prompt you to accept the update.

Updating Nike+ Connect

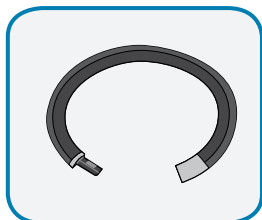
When Nike+ Connect software updates are available, a message in the software will say, "A newer version of Nike+ Connect is available, would you like to download and install it now?" Clicking the Update button will update the software.

Care for Your Nike+ FuelBand SE

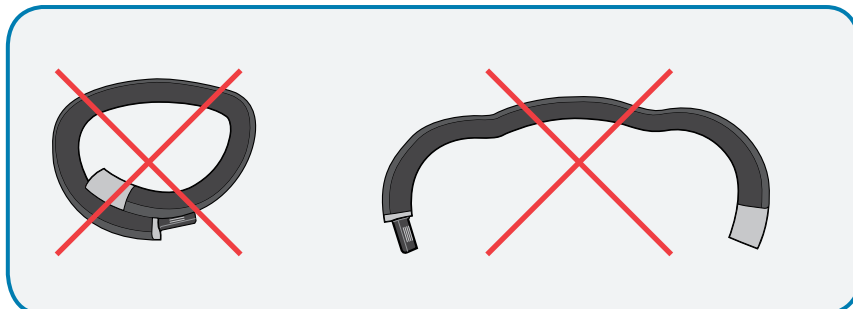
To clean your Nike+ FuelBand SE, please use mild soap and water and a soft cloth. Avoid solvents or detergents.

DO NOT OVERBEND

Open the Nike+ FuelBand SE to the width of your wrist to put it on.



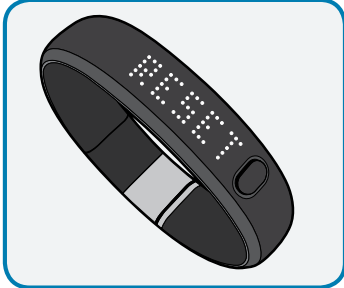
Overbending will damage the electronics inside Nike+ FuelBand SE.



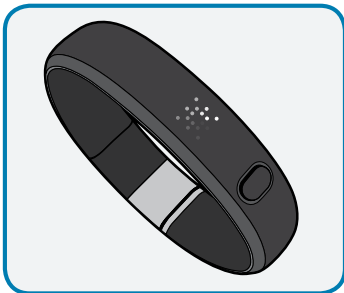
Resetting Nike+ FuelBand SE

RESET

"Reset" on the Nike+ FuelBand SE will reboot the device. The band will save all your settings and results.



1. Hold the Nike+ FuelBand SE button down until you see "RESET"



2. Release the button and quickly press it again. "RESET" will blink. It blinks 4 times before resetting Nike+ FuelBand SE. During that time, a short button press will cancel the reset. Pressing the button again resumes the reset.

After "RESET" blinks 4 times, an icon animates clockwise for a minimum of 2 seconds or until the device resets.



3. The "Swoosh" then appears and confirms the device has been reset.

FACTORY RESET

"Factory Reset" will completely clear your settings, time, and activity history from your Nike+ FuelBand SE. Your profile, activity history and achievements, however, will remain on Nike+.

To perform a factory reset, click **FACTORY RESET** on the lower left of Nike+ Connect.

Technical Specifications

SIZES (CIRCUMFERENCE)

Small: 5.79 in (147 mm)

Medium: 6.77 in (172 mm)

Large: 7.76 in (197 mm)

Width: 0.63 in (16 mm) at LEDs, 0.75 in (19 mm) at latch

Thickness: 0.27 in (6.90 mm) at LEDs, 0.32 in (8.00 mm) at latch

Nike+ FuelBand SE comes with two easy to insert links so you can fine tune your fit: 0.32 in (8 mm) and 0.63 in (16 mm)

WEIGHT

Small: 0.95 oz (27 g)

Medium: 1.06 oz (30 g)

Large: 1.13 oz (32 g)

8 mm link: 0.07 oz (2 g)

16mm link: 0.11 oz (3 g)

DISPLAY

20 color LED lights show your Daily Goal progress from red to green.

Array of 100 white LED lights shows time, NikeFuel earned, calories burned, and steps taken. You can cycle through all this with the push of a button.

The brightness level automatically adjusts according to your environment.

SENSORS

A built-in 3 axis accelerometer measures your motion all day long.

An ambient light sensor detects environmental light levels. The brighter your environment, the brighter your display.

CONNECT AND SYNC

Connect to your computer with the built-in USB 2.0 or use the included USB cable.

Bluetooth pairing to mobile phones for use with the Nike+ FuelBand mobile app for iOS 6.1 and above; Check nikeplus.com/fuelband for compatibility with other handsets.

BATTERY

Type: Two Lithium Polymer Batteries
Nominal voltage: 3.7V

Rated capacity:

Small size: 50 mAh battery, 25 mAh cell.

Medium and Large: 70 mAh battery, 35 mAh cell.

Designation:

Small size: 50 mAh battery 1ICP3/11/22-2, 25 mAh cells 1ICP3/11/22.

Medium and Large: 70 mAh battery 1ICP3/10/31-2, 35 mAh cells 1ICP3/10/31.

Your Nike+ FuelBand SE should stay charged for up to four days.

WATER RESISTANCE

The Nike+ FuelBand SE is water resistant. It is safe to wear in the shower or when dancing in the rain.

Since it's not waterproof, it's not recommended for use while swimming.

MATERIALS

TPE 43%, Polypropylene 34%, Magnesium 14%, Stainless Steel 9%

PVC free

Package is 100% recyclable paper.

Service and Support

HAVE QUESTIONS FOR US?

For service and support, tutorials, and software downloads, go to: www.nikeplus.com/support

Warranty

Go to www.nikeplus.com/support to view, download and print the limited warranty for all countries where NIKE or NIKE+ authorized retailers sell NIKE+ FuelBand SE. The limited warranty gives you specific legal rights, and you may have other rights that vary from state to state or jurisdiction to jurisdiction.

Compliance Information

United States:

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 WARNING: any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment under FCC regulations.

Note: 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.

Note: The Transmitters within this device must not be co-located or operating in conjunction with any other antenna or transmitter.

Battery replacement:

Do not attempt to replace the rechargeable battery in the Nike+ FuelBand yourself. The battery should be replaced only by Nike or a Nike Authorized Service Provider.

Do not disassemble or remove batteries from device.

Do not expose to fire or dispose of in fire.

Do not use any charger other than that specified for use with the equipment. Refer to User Manual for proper charging instructions.

Do not leave battery on prolonged charge when not in use.

Do not crush or modify.

Dispose of properly.

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes: (1) cet appareil ne peut pas provoquer d'interférences et (2) cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif.

This device complies with Health Canada's Safety Code 6 / IC RSS-102. Information can be obtained at: http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/radio_guidelines_direct-eng.php

Cet appareil est conforme avec Santé Canada Code de sécurité 6 / IC RSS-210. Le programme

d'installation de cet appareil doit s'assurer que les rayonnements RF n'est pas émis au-delà de

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

EU (European Union): Declaration of Conformity with Regard to the EU Directive 1999/5/EC

English: Hereby, Nike, declares that this Nike+ FuelBand SE

is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

This product contains a battery that is not user accessible. Do not attempt to open the case, otherwise data may be lost and performance compromised. Substances contained in this product and/or its battery may damage the environment and/or human health if disposed of improperly. The wheeled bin on this product indicates that it should not be disposed of together with household waste. Please be responsible and take it to your nearest recycling collection point to ensure it is recycled. To locate your nearest collection point, contact the retailer where you made your purchase or your local municipality.