

# ActionTracker(AT2) Quick Start Manual

## Getting Started

To get started using your ActionTracker, push the button.



Your ActionTracker should flash green several times while it restarts and then flash red, then yellow, then green to indicate that it is operational. If it does, you are ready to start using your ActionTracker to record your steps.

If nothing happens when you push the button, the battery may be dead. Try recharging the battery as described in [Recharging the Battery](#). If that does not help, contact your plan administrator about getting a replacement.

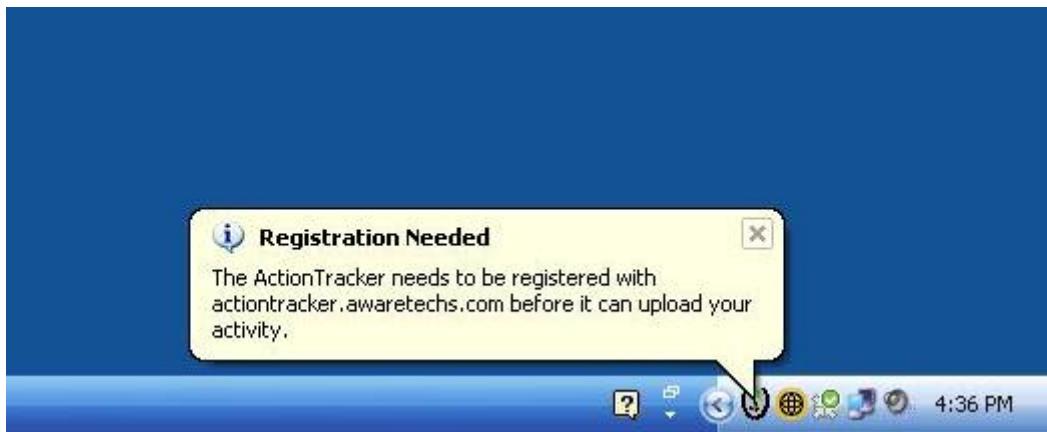
If the ActionTracker's light stops at red or yellow, or flashes red several times after yellow, it is not functioning properly. Contact your plan administrator about getting a replacement.

## Registering Your ActionTracker

If you are registering your ActionTracker as part of a kick-off meeting, follow the instructions of the plan administrator.

If you are registering your ActionTracker using your own computer, in your office or at home, you will first need to have the ActionTracker software installed. If it is not installed already, follow the instructions in [Installing Windows Software](#).

Insert the ActionTracker into a USB port. Windows will detect a new device and install the right drivers for it. The ActionTracker software will then notice the ActionTracker and pop up a notification saying that the ActionTracker is not yet registered. Click on this notification or select Register from the ActionTracker menu. This will take you to the fitaware.net web site. Follow the registration instructions there.



## Uploading Your Steps

Your company may be set up to allow you to upload your steps wirelessly. If so, do this by taking the ActionTracker within thirty feet (ten meters) of one of the base stations. Push the button on the ActionTracker. The light will flash yellow while it searches for a network connection and then turn solid while it uploads and then briefly turn green when the upload is complete. If the light turns red at the end, the upload was not complete. Try again.

If you are uploading steps from your ActionTracker using your own computer, in your office or at home, you will first need to have the ActionTracker software installed. If it is not installed already, follow the instructions in [Installing Windows Software](#).

Insert the ActionTracker into a USB port. The ActionTracker software will notice the ActionTracker and pop up a notification after a few seconds saying that your steps have been uploaded. That's all there is to it; your steps are now ready for you to view online.

You can upload your steps from any PC that has the ActionTracker software installed and you can upload steps from any number of ActionTrackers from the same PC. The steps will always be associated with the registered user of the ActionTracker on the web site.



# Viewing Your Steps

To view your steps online, go to <http://fitware.net> and login with the account name you registered. You will be able to view your steps and those of your friends and see how you are doing in your step challenges.

You can view your steps from any web browser, not just the machine you used to upload.

**Hint:** You can also click on the notification that says that steps have been uploaded to be taken directly to the web site.

## Recharging the Battery

Your ActionTracker has a rechargeable battery that is recharged through USB.

- If you leave your ActionTracker plugged in after uploading your steps directly using USB, it will recharge, during which it will light cyan. When charging is complete, the light will turn green and the ActionTracker tray icon will notify you. You can now unplug the ActionTracker and carry it around with you to count your steps.
- If you plug the ActionTracker into a PC that does not have the ActionTracker software installed, the device will not be recognized by Windows. However, it will still recharge the battery, showing a pulsing cyan. The light will turn solid green when recharging is complete.
- You can also recharge your ActionTracker from a standalone USB charger. These are sold in computer stores as MP3 player rechargers. For example, TBD from TBD works. The light on your ActionTracker will turn solid green when recharging is complete.



## Installing Windows Software

In order to use your ActionTracker with a Windows PC, you must install a small application that runs when it is plugged in and displays its status in a small tray icon in the lower-right corner of your desktop.

Click [here](#). Download and Save the setup program file and Run it. Follow the instructions on the screen.

If you need more detailed instructions, see the [Installation Manual](#).

# Installing Linux Software

There are two packages. One for the base station and command line tools. And another for the graphical user interface. The first is needed in all cases. The second is only needed for desktop machines. A server acting as a base station (see below) does not need it. User interface tools may also depend on packages not installed on a server.

Download the packages corresponding to your distribution:

- **Ubuntu Lucid:** [base i386 ui i386 base amd64 ui amd64](#)
- **Debian Lenny:** [base i386 ui i386 base armel](#)
- **Fedora 13:** [base i686 ui i686](#)
- **Generic** (last resort): [i686](#)

# Installing Mac Software

Coming Soon...

# Upgrading Firmware

New releases of the ActionTracker firmware are released periodically to add new features and improvements.

When an ActionTracker is plugged into the USB port, the ActionTracker tray icon may pop up a notification saying that new firmware is available. Click on the notification and you will be asked to confirm that you want to install the new firmware. There is also an **Install new firmware** menu item when new firmware is available. After a few seconds, the new firmware is loaded onto the ActionTracker and it restarts. It will again sequence red, yellow, green as it starts up. During this time, the ActionTracker will disconnect from USB and then reconnect. This is normal. As soon as the ActionTracker is detected again, a notification will appear saying that your steps have been uploaded. There won't actually be any new steps; this is just to check that everything is working normally with the new firmware.

# Upgrading Software

You can check for a new version of the software that you installed by clicking the **Check for Update** menu item. If you are offered the download of a new installer, run it and follow the instructions on the screen.

# Configuring a Base Station

On Unix and Mac, the base station software is included in the normal distribution. On Windows, you must download the complete software package from [here](#).

An ActionTracker will operate as a base station to allow other ActionTrackers to upload steps wirelessly. This is a normal ActionTracker with special firmware. If your company has an installation supporting wireless upload, you may have received an ActionTracker already configured as a base station. If not, use the Convert Firmware program to change a Step Tracker into a Base Station.

If you need more detailed instructions, see the [Installation Manual](#).

Start the Base Station program from the Start Menu's ActionTracker group.

A small window will be displayed showing all the ActionTrackers connected. Plug in the base station ActionTracker and a new entry should appear in that window showing its serial number and that it is listening for wireless connections.

Now whenever a wireless ActionTracker is activated near the base station, another entry will appear in the window for it, showing its uploading progress and remaining on the screen while the ActionTracker is connected wirelessly.

The base station can also be configured to run as a Windows service or from Unix init so that it starts with the operating system on a machine without a display. See the [Installation Manual](#).

## Idle Mode

If your ActionTracker is left on the dresser, or otherwise does not move for 15 minutes, it will suspend activity monitoring to conserve battery power. It signals that it is doing this by flashing yellow twice. When you pick it up again, it flashes green twice and resumes step tracking.

## Turning Off

Your ActionTracker is designed to run all the time and can go for a more than a week without recharging. However, if you need to leave it for a long time, or intend to ship it and do not want the travel motion to interfere with your steps, you can turn it off. Hold down the button for ten seconds. After that, the light will start flashing red quickly until you release the button. It is now off and will not turn on until you press the button again, when it should start up normally: red, yellow, green.

Turning your ActionTracker off and then on again will reset it if it seems to be malfunctioning. Press for ten seconds to turn off; wait a second; then press again to turn back on. Forcing the ActionTracker to reset will cause it to forget your most recent steps in the last hour, so you should only do it when all else fails. Your earlier steps will not be lost, though.

# Getting Support

If you have a problem with your ActionTracker, contact us at [support@fitaware.net](mailto:support@fitaware.net) or by calling 617-868-5868.

## FCC Compliance

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: 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.

## FCC RF Exposure Warning

This product complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This handset may not be collocated or operated in conjunction with any other antenna or transmitter.

## Important Battery Information

Follow these guidelines to avoid shortened battery life span, or risk of damage and/or injury:

- Do not puncture or incinerate the unit or its non-user-replaceable battery.
- Do not leave the unit exposed to a heat source, such as sunlight in an unattended vehicle.
- When storing the unit for an extended time, store within the temperature range 0° C to 25° C.
- Do not operate the unit outside the temperature range -20° C to +60° C.
- Do not remove or attempt to remove non-user-replaceable batteries.

- When disposing of the unit, take it to a professional service, such as a waste electronics treatment facility, to have the battery removed and recycled.