

运动手环操作说明 Final User Manual of PIVOTAL LIFE TRACKER 1  
(FCC ID: ZRR-IR123B)

### 一、APP 安装

1、使用苹果手机（IOS 版本 7.0 或者以上）请在 APP store 下载手环运动软件客户端，装载于手机。安卓手机请到 google play 上下载手环运动软件客户端。如果安装不正确，请重新下载、安装。

支持机型：

iPhone4S/5/5S/5C,iPod touch5, iPad 4, iPad Mini, iPad Mini with Retina display, iPad Air。

Samsung S3/S4/S5, Note 2, Note 3, ZTE U9180。


（安卓手机需要 4.3 以上版本，硬件版本支持蓝牙 4.0）

IOS: Download Pivotal apps or KEEFIT 2 APPS from APPLE store, and install with your phone.

Android: Download Pivotal apps or KEEFIT 2 apps from GOOGLE PLAY, and install with your phone


If install unsuccessfully, pls re-download and install again

### 二、蓝牙同步（使用手环前，请先与 APP 同步时间）

- 1) 短按按键，点亮手环屏幕。
- 2) 点击手机界面中蓝牙连接符的进行蓝牙连接，此时手机屏中央出现 Bluetooth connecting....., app 将扫描 30 秒。
- 3) 蓝牙连接成功，手机显示 Bluetooth connection is successful 并同步，手环显示蓝牙符号, 数据自动同步到 APP。
- 4) 再次点击 APP 蓝牙连接符断开连接或 5 秒后自动断开，手机显示 Bluetooth disconnected, 手环可重新查看数据。


Click the button to light up the OLED display screen

Click the Apps “ to BT connect, then “Bluetooth connecting...” show on the app, and app will scan for 30seconds


BT connected, “Bluetooth connection is successful” and sync, Band will show “”, data will sync to app

Click the APP BT to disconnect or after 5 seconds to disconnect automatically , “Bluetooth disconnected” show on app, the device could check the data again

### 三、计步

1. 在睡眠模式下，快速短按按键 2 下，转换到运动模式，手环震动并显示图标。
2. 在运动模式下可短按按键查看六种参数显示，分别是：当前时间；步数；距离；卡路里；达到的目标值百分比。
3. 同步到 APP 后可当天的运动情况，还可查看之前运动一天，一周，一月，一年的大致运动情况。  
备注：目标设定通过 APP 设置，点击步数目标同步后生效；

Activity mode

1. Sleeping mode, just click the button twice to activity mode, bracelet vibrating and 
2. In activity mode, just click the button to check 6 kinds of data:

time/date/ battery

step

distance

calories

goal

3. Sync to app, check today's activity , also the about activity data for the day before yesterday, a week, a month, or a year

#### 四、睡眠监测

1. 在运动模式下，快速短按按键 2 下，此时进入睡眠模式，手环震动并显示睡眠图标。
2. 在睡眠模式下短按按键也只能查看当前时间（月，日，时间，电量）。
3. 早上起来后，手环会智能的检测佩戴者的运动情况，自动将睡眠模式转到运动模式；
4. 同步到 APP 后可看到昨晚的睡眠监测情况，还可查看之前运动一天，一周，一月，一年的大致睡眠情况。

#### Sleeping mode

1. At activity mode, click the button twice to sleeping mode, bracelet vibrating and sleeping display
2. At sleeping mode, click the button , just check the time/date/ battery
3. If forget to change the mode after waking up, the bracelet can switch to sport mode automaticity after up to over activity standard.
4. Sync to app, check last night 's sleeping data, also the about sleeping data for the day before yesterday, a week, a month, or a year

#### 五、开关机管理

在开机状态下长按按键 5 秒，手环显示关机符号；在关机状态下，长按按键 5 秒，手环显示开机符号 PIVOTAL LIVING。

ON/OFF:

Long press the button for 5 seconds," Pivotal Living "on /off

#### 六、电源管理

本设备使用内置（不可拆卸）电池池供电，初次使用手环时请先给手环充电，然后与手机进行同步。充电时，显示“”，手环显示屏显示充电符号且显示一格一格的充电，此时手环按键无效。

充电 2-3 小时即可充满，可使用 5-7 天

## POWER AND BATTERY

- ❖ 5 to 7 days of battery life
- ❖ About 2 to 3 hours to fully charge
- ❖ Built – in rechargeable Li-on polymer battery
- ❖ Included USB to micro usb cable for charging 5v
- ❖ **Press the button useless when charging**


## 七、手环主要功能参数


设备类型： 上肢佩戴， 手环

兼容设备： 支持蓝牙 4.0 传输和智能手机音频口传输，适用于 IOS7.0 版本及以上产品和安卓 4.3 版本及以上产品

防水： 不能浸水

模式： 具备日常运动与夜间睡眠功能；



智能提醒： 当用户设定了提醒间隔时间传输到手环中后， 如果在此时间内用户没有明显的运动状态， 手环会有个小人跑步并震动两次 ， 提醒用户需要起身运动， 保持身体健康；

智能闹钟： 当用户设定了闹钟时间传输到手环中后， 在设定的时间手环会震动将佩戴者唤醒 ；

睡眠监测： 可以监测佩戴者每晚的睡眠情况， 供查看分析；

运动模式： 24 小时记录佩戴者的活动情况， 以里程,步数和卡路里为单位

### Specification

1. Smarter Activity and sleep tracker;
2. Offer healthy sports guides;
3. Track your sleep and wake up silently with a vibrating alarm ;
4. Remind you to move when you've been inactive for a long time;  and vibrating twice
5. Motivate you to get your desired goal;
6. Bluetooth4.0 sync with all the info is collected and stored in real time;
7. 3 Hour charge time lasts 5~7days
8. Water resistant – be able to withstand thousands of showers, and the occasional snowball fight
9. Compatibility: BT 4.0, to IOS 7.0 version and Android 4.3 version or above

## 八、FCC 联邦通讯委员会干扰申明

未明确核准的负责遵守党的变更或修改， 都可能导致用户无权操作本设备。Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

根据 FCC 规则的 15 部分， 本设备已经过测试并发现符合 B 类数字设备的限制。此条例的设定是为了给安装过程中可能对周围环境造成伤害提供必要的保护。此设备在使用过程中会产生无线电辐射， 如果不按照使用说明安装， 可能会干扰无线电通讯。然而， 不保证， 按照特定的安装干扰不会发生。如果该设备会干扰无线电或电视接收， 这些干扰是通过打开和关闭设备产生的， 用户可以尝试采用以下措施来避免此类干扰：

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:

- 1、转变接收天线的方向或是重新摆放天线的位置。Reorient or relocate the receiving antenna.
- 2、增大设备和接收器之间的距离。Increase the separation between the equipment and receiver.
- 3、将设备和接收器连接到不同电路插座上。Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4、咨询经销商或有经验的无线电/电视技术人员。Consult the dealer or an experienced radio/TV technician for help

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.

此设备符合 FCC 第 15 条条例，请在以下两个前提下使用此产品：

- 1、此设备不会造成不利的干扰。
- 2、此设备可以克服可能存在的干扰，包括误操作带来的干扰。

Manufacturer: Shenzhen Adition Audio Science & Technology CO., LTD.

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