

# Fitness Tracker

## User Manual

ID153



Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

## Contents

---

### English Version

<b>Getting Started</b> .....	1
What's in the Box.....	1
What's in this Document.....	1
<b>Setting Up Your Tracker</b> .....	2
Charging Your Tracker.....	2
Assembling/Disassembling Your Tracker.....	3
<b>Wearing Your Tracker</b> .....	3
All-day Wear and Exercise.....	3
<b>Using Your Tracker</b> .....	5
App Installation.....	5
App Interfaces.....	6
Pairing the Tracker with Your Phone.....	8
<b>Getting to Know Your Tracker</b> .....	9
Touch Key.....	9
Waking a Dimmed Screen.....	10
Tracker Interfaces.....	10
<b>Function Introduction</b> .....	11
1. Changing the Clock Face.....	11
2. Tracking Daily Activity Data.....	12
3. Monitoring Heart Rate.....	12
4. Stopwatch.....	13
5. Setting Alarms.....	13
6. Tracking Sports: Walk.....	14
7. Tracking Sports: Run.....	15
8. Tracking Sports: Bike.....	16
8.1 Abnormal Situations During Exercise.....	17

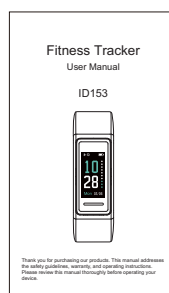
8.2 Abnormal Operation Situation During Exercise...	18
9. Tracking Sleep.....	18
10. More Functions.....	19
10.1 Call Notification.....	19
10.2 Message Notification.....	19
10.3 Sedentary Reminder.....	20
10.4 Remote Camera Control.....	20
10.5 Device Error Notification.....	21
<b>Basic Specifications.....</b>	<b>21</b>
<b>Electronic Information Products/Poisonous and Harmful Statement.....</b>	<b>21</b>
<b>FAQs.....</b>	<b>22</b>
<b>Warranty and Safety Instructions.....</b>	<b>24</b>
Warranty.....	24
Important Safety Instructions.....	24

## Getting Started

### What's in the box



Fitness tracker  
(ID153 with bands)



User manual

#### **Note:**

This tracker is designed with a built-in USB plug, no charging cable is required for charging, and no charging cable or wall charger is included in the package.

### What's in this Document

This manual gets you started quickly by setting up your tracker. Setup ensures that your tracker can synchronize its data with the VeryFitPro app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your ID153.

## Setting up Your Tracker

### 1. Charging your tracker

**Please charge your tracker for at least 10 minutes to have it activated before initial use.**

Insert the built-in USB plug of the tracker into the USB port for charging. Please ensure that the metal strips align with the USB strips.



When the tracker shows a low battery indication, connect the tracker to a USB charging adaptor or a port with 5V-500mA. If the tracker is installed correctly, the tracker will vibrate.



If the tracker does not vibrate, remove the tracker, flip it upside-down and reinsert it into the charging port.

Remove the tracker from the power supply once fully charged.

USB charger requirement: DC USB port (5V-500mA)

Charging time: 1-2hr(s)

## 2. Assembling/Disassembling Your Tracker

### **Assemble**

Push the bands in following the direction of the arrow.



### **Disassemble**

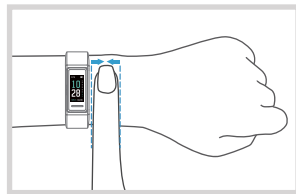
Gently pull the bands off the tracker body following the direction of the arrow.



## Wearing Your Tracker

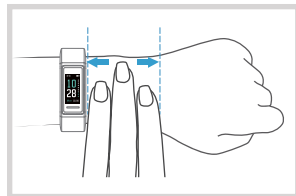
### **All-day wear and exercise**

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lay flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.

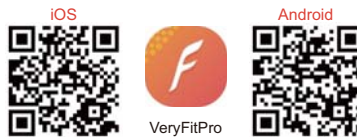


2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

## Using Your Tracker

### App Installation

Use the watch with our customized **VeryFitPro** app. You can download VeryFitPro from Apple Store/Google Play or scan the QR codes below to download.



### Notes:

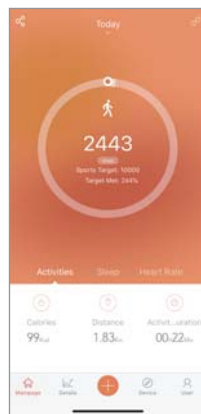
- The VeryFitPro app is only compatible with smartphones, not tablets or PCs.
- Smartphone operating system should be iOS 8.0 / Android 4.4 or higher; Bluetooth version should be 4.0 or higher.

### Smart Phone System Requirement

- iOS 8.0 & above
- Android 4.4 & above
- Bluetooth 4.0 & above



## App Interfaces



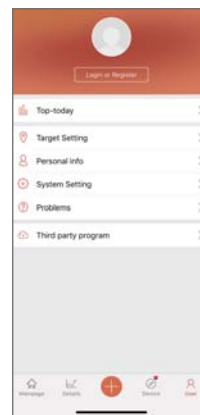
**Main Page**  
(Swipe down the page  
to sync data from the  
tracker to your phone)



**Details**



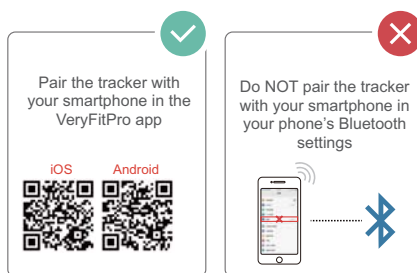
Device



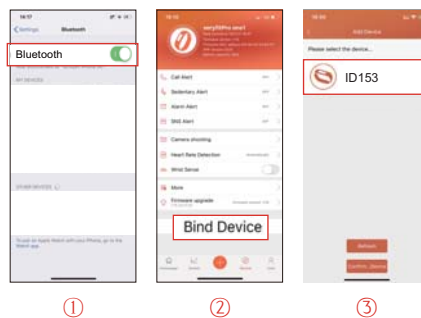
User

#### Pairing the Tracker with Your Phone

*Please pair the tracker with your phone in the VeryFitPro app, NOT in the Bluetooth settings of your phone.*



- 1) Please ensure to enable the Bluetooth of your phone before beginning the pairing process.
- 2) Open VeryFitPro app on your smartphone and go to "Device" page, tap "Bind Device", then your smartphone starts searching devices.
- 3) Choose "ID153" in the list of found devices, tap "ID153" to connect the tracker to your smartphone. (If your phone failed to find ID153, please tap the touch key to wake the tracker, and search the tracker on your phone one more time.)



**Notes:**

- 1) Once the tracker is connected to your app, the tracker will automatically search and reconnect itself if the connection is lost or manually disconnected when your Bluetooth connection is restarted.
- 2) If the tracker is unbound from the app, the information on the tracker will be reset, and the information on the app will be cleared. Please do not unbind the connection unless there is an issue that will require a reset.
- 3) The tracker can only pair with one Bluetooth device at a time. During the pairing, please confirm there are no other Bluetooth devices nearby.

**Getting to Know Your Tracker**

**1. Touch Key**

After the tracker is connected to the app using the binding process, the main screen will display the time and date as shown in fig. 1. You can customize the main screen. See Function Introduction



fig. 1

#### Display

**Note:**  
This is a non-touch screen;  
please use the touch key to  
choose different functions.

#### Touch Key

**Note:**  
Tap the touch key to switch to  
different interfaces; Hold the  
touch key to enter the function.

### 2. Waking a Dimmed Screen

To conserve power, the tracker has a standby mode in which the screen turns off. To wake the screen, please follow the following steps:

- Turn your wrist towards you, and the screen will display time.
- Tap the touch key, and the tracker will display the main screen.



Main Screen

### 3. Tracker Interfaces

Tap the touch key to look through different interfaces/go to different functions:

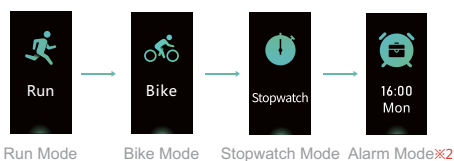


Main Screen

Step Mode

Heart Rate Mode

Walk Mode



Run Mode      Bike Mode      Stopwatch Mode      Alarm Mode※2

※1: "Walk Mode", "Run Mode" and "Bike Mode" are displayed on the device screen by default. You can set up to 3 different sports modes from 14 sports modes to display on the device screen (Go to "VeryFitPro" APP → "Device" → "More" → "Activity display").

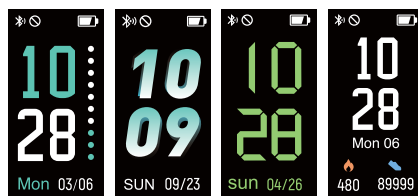
※2: "Alarm Mode" is displayed on the tracker screen only when alarm alert(s) is/are added and enabled in the app ("Device" page → "Alarm Alert").

## Function Introduction

### 1. Changing the Clock Face

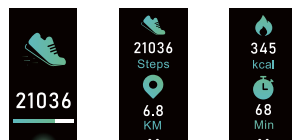
The tracker comes with a variety of clock faces so you can customize the look of your tracker.

You can customize the main screen in the app ("Device" page → "More" → "Dial setting").



## 2. Tracking Daily Activity Data

The tracker tracks your all-day activity data like steps, distance, calories burned and active minutes.



Hold the touch key for 2s to view detailed step data and tap to flip through the data.

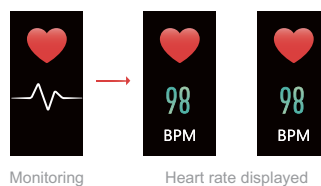
### **Note:**

You can go to the app to set your sports target ("User" page → "Target Setting"). When you reach your sports target, the tracker vibrates to remind you.

## 3. Monitoring Heart Rate

The tracker tracks your real-time heart rate automatically and continuously. You can also view your detailed heart rate data in the app.

After entering the heart rate interface for 1s, the tracker starts monitoring the heart rate automatically. Before the correct data is detected, the tracker shows "—∧—"; after the correct data is detected, it shows specific data.



Monitoring

Heart rate displayed

**Notes:**

- To monitor heart rate more accurately, wear the tracker on the upper position of your wrist and a bit tighter than usual when you are taking exercise. Besides, complete your profile in the app.
- Automatic heart rate monitoring is ON as default, monitoring heart rate all day automatically. You can disable/enable automatic heart rate monitoring in the app ("Device" page → "Heart Rate Detection").

**4. Stopwatch**

This tracker has stopwatch mode, you can start timing while doing your workouts.

- 1) Hold the touch key for 2s to enter the Stopwatch interface.
- 2) Tap the touch key to start/pause.
- 3) Hold the touch key for 2s to exit the Stopwatch mode.

**5. Setting Alarms**

You can set alarms in the app and have the tracker vibrate to wake you up or remind yourself of important dates, meetings, and interviews, etc.

- 1) Go to the "Device" page in the app and tap "Alarm Alert".
- 2) Tap "+" to add an alarm.
- 3) Tap the alarm, and set the alarm type, repeat type and time.
- 4) Click "✓" to save your settings.

You can hold the touch key of the tracker for 2s to enable/disable the alarm.



Alarm on



Alarm off



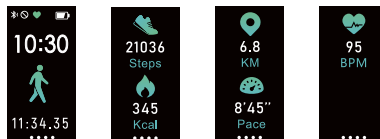
## 6. Tracking Sports: Walk

The tracker can tracks your exercise data during walking.

1) Hold the touch key for 2s to start the walk mode.

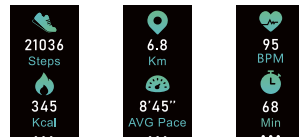


2) During exercise, tap the touch key to flip through exercise data.



3) Hold the touch key for 2s to exit the walk mode.

The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:



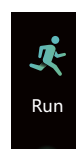
### Note:

Data of exercises less than 1 minute will not be saved.

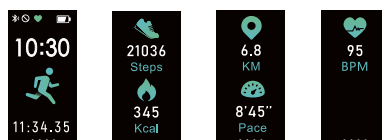
### 7. Tracking Sports: Run

The tracker tracks your exercise data during running.

1) Hold the touch key for 2s to start the run mode.

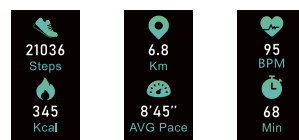


2) During exercise, tap the touch key to flip through exercise data.



3) Hold the touch key for 2s to exit the run mode.

The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:



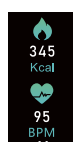
### 8. Tracking Sports: Bike

The tracker tracks your exercise data during cycling.

1) Hold the touch key for 2s to start the bike mode.



2) During exercise, tap the touch key to flip through exercise data.









3) Hold the touch key for 2s to exit the bike mode.

The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:



**Notes:**

- You can also use the GPS of your phone to track your pace & distance during walks, hikes, runs or rides while mapping out your run or walk on your phone.
- In the app, tap , , ,  will pop up; tap  to enter the running mode directly or tap  to choose another sport mode. After starting the running mode, the app will track and map your run distance (using the GPS of your phone). After the exercise, you can effortlessly check your exercise data in both the app and the tracker.



**8.1 Abnormal Situations During Exercise**

1) Inactive Exit Prompt

NO  
action  
quit  
in 15 s

a) The tracker will automatically exit the sport mode if no action is taken in 15 minutes.

b) The tracker will be forced to exit the sport mode if you don't tap on the waiting prompt within 15 seconds.

Tap the touch key to cancel the Automatic Exit Sport mode prompt, then the sport mode can work.

2) The prompt of being forced to exit the sport mode when memory is full.

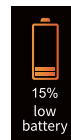
Memory in-  
sufficiency  
Synchron-  
ize and  
try again

Tap the touch key to confirm the prompt if the tracker is forced to exit the sport mode when memory is full, then exit the sport mode and exercise data is displayed.

**Notes:**

- The sport mode lasts for up to 6 hours.
- When the memory is full, it will prompt that the sport mode is forced to exit.

3) The prompt being forced to exit sport mode when the battery is low



Tap the touch key to confirm the prompt if the tracker is forced to exit sport mode when the battery is low, then exit the sport mode and exercise data is displayed.

**8.2 Abnormal Operation Situation During Exercise**

When the app and the tracker are disconnected, the screen will appear a prompt of waiting:

Tap the touch key to exit the interface of waiting prompt.



**9. Tracking Sleep**

The tracker automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Wake Sleep) and consistency with comprehensive analysis of sleep quality data so you can see your sleep trends and get a better routine.

You can check your detailed sleep data in the app.

## 10. More Functions

### 10.1 Call Notification

When there is an incoming call, the tracker vibrates to remind you and the screen displays the caller ID.



Contact name in contact list    Stranger number

Hold the touch key for 2s to reject the call; tap the touch key to return to the main screen.

#### Notes:

- Only when "Call alert" is enabled in the app ("Device" page → "Call Alert"), calls will be notified (After enabling/disabling the Call Alert function, click "√" to save your settings.)
- When "Non disturb mode" is enabled in the app ("Device" page → "More" → "Non disturb mode"), calls will not be notified on the tracker during the non-disturb-mode period.

### 10.2 Message Notification

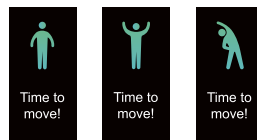
When messages (like Facebook, Twitter, and Instagram messages) come in, the tracker vibrates to remind you and the screen displays the message content.

#### Notes:

- Only when "SNS Alert" is enabled in the app ("Device" page → "SNS Alert" → "Allow notification"), messages will be notified. (After enabling/disabling the SNS Alert function, click "√" to save your settings.)
- When "Non disturb mode" function is enabled in the app ("Device" page → "More" → "Non disturb mode"), messages will not be notified on the tracker during the non-disturb-mode period.

### 10.3 Sedentary Reminder

The tracker vibrates to remind you to move when you are sitting too much ("Device" page → "Sedentary Alert", enable the Sedentary Alert function and set the remind interval.)



### 10.4 Remote Camera Control

If you want to position your phone for a photo and then take the photo from a distance, you can use the tracker to take the photo.

- 1) Make sure you have allowed the VeryFitPro app to access your phone camera and photos in your phone settings.
- 2) Go to the "Device" page in the app and tap "Camera shooting", then a camera icon appears on your tracker screen.



- 3) Tap the touch key of the tracker to have your smartphone shoot photos.

The photos are saved in the photo album of your phone.

### 10.5 Device Error Notification

When the tracker has an exception, an Error is displayed.

Status code:

- 01 indicates acceleration sensor abnormality;
- 02 indicates the heart rate sensor is abnormal;
- 03 indicates touch IC is abnormal;
- 04 indicates the flash is abnormal;



### Basic Specifications

Model No.: ID153  
Sync: Bluetooth 4.2  
Battery Capacity: 90mAh  
Working Voltage: 3.7V  
Working Temperature: -20 °C to 40 °C  
Weight: 0.81oz (23g)  
Waterproof Rating: IP68  
Working Time: 5-7 days

### Electronic Information Products Poisonous and Harmful Statement



This product meets the EU ROHS standards  
Refer to IEC 62321 and EU RoHS  
Directive 2011/65 / EU and its revision  
instructions



## FAQs

### ❶ Failed to find the tracker when pairing

1. Make sure the Bluetooth of your smartphone is enabled, and your smartphone system meets the requirement of iOS 8.0 or later, Android 4.4 or later, Bluetooth 4.0 or later.
2. Make sure the distance between your smartphone and the tracker is within 0.5 meters, also the Bluetooth communication is among the distance range (within 10 meters).
3. Make sure your tracker has enough battery. If there is still a problem after it was fully charged, please contact us.

### ❷ Failed to connect with Bluetooth occasionally

Reboot your smartphone or restart the phone Bluetooth.

### ❸ Failed to charge the tracker

Make sure the direction of the tracker's USB plug is correct when plugging into a USB port for charging (ensure the metal strips of the tracker's USB plug align with the USB strips).

As the built-in battery capacity is small, please remove the tracker from the power supply once fully charged. Prolonged charging may shorten the battery's life.

### ❹ Failed to receive SMS/calls notifications

Calls/SMS notification function works when the tracker connects to your smartphone via the app. Please kindly refer to the following tips:

1. Go to your smartphone Settings, find VeryFitPro app and enable the Location and all Notifications.
2. Enable the Bluetooth of your phone and go to the VeryFitPro app to bind the tracker.
3. Enable the Call/SNS Alert function, and click "√" to save your settings.

### ❺ Failed to count steps accurately

The fitness tracker has a built-in 3D sensor. It registers your

steps when you swing your arm. Sometimes the data on tracker may display a little delayed. And it will reset itself if you walk less than 40 steps continuously. To test the accuracy of the pedometer, please walk casually and continuously up to 100 steps or more.

● **Failed to measure heart rate**

Make sure the tracker sits neatly on your wrist before use. Tap the touch key to go to the heart rate mode and wait for 10~20s to have your heart rate.

● **Failed to connect to the smartphone**

The tracker will disconnect from your smartphone in the following cases:

1. Smartphone Bluetooth was off or exceed the Bluetooth connection distance range (the Bluetooth connection distance is within 10 meters, and it can easily be reduced by walls or furniture, etc.)
2. The VeryFitPro app was ended in the phone background process.

***To reconnect the tracker to your smartphone, please kindly take the following steps:***

1. Go to your smartphone system Settings, find VeryFitPro app and enable the Location and all Notifications.
2. Clear all running/background processes in your smartphone. Go to VeryFitPro app, and swipe down "Mainpage", then the tracker will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then rebind the tracker in the app.

● **I have disconnected the tracker from my iPhone, but other phone still can not search the device number of this tracker**

1. Enter "Settings" on your iPhone, Tap "Bluetooth", choose "ID153" and tap " ⓘ " → "Forget This Device".
2. Then pair the tracker with other phone again following the steps in the previous part "Pairing the Tracker with Your Phone".

## Warranty and Safety Instructions

### Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

### Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your fitness tracker to extremely high or low temperatures.
- Do not leave your fitness tracker near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy – never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.

- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

**Battery Warnings**

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do NOT disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazards.

**Health Warnings**

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.

- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity tracker relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device.
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

**Maintenance**

- Regularly clean your wrist and the fitness tracker, especially after sweating in the exercise or being exposed to substances such as soap or detergent which may attach on the internal side of the tracker.
- Do NOT wash the fitness tracker with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.
- While the fitness tracker is water resistant, it's not good for your skin to wear a wet band.
- If your bands get wet—like after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and damages.
- For light colored arm bands, minimize direct contact with dark-colored clothing, as color transfer could occur.

FCC Statement:

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 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.

FCC Radiation Exposure Statement

This device complies with FCC RF 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.