

J-Style Wireless Wristband Track Activity + Sleep
Model: JP-1304



1. Getting Started

What's included

Your J-STYLE Wireless Wristband

Activity + Sleep Tracker includes:

J-STYLE tracker

USB charging cradle

Wristband

User manual

2 . To save the battery, the Activity Tracker is set into hibernation mode when out the factory. Before first use, please long press screen for 10 seconds to activate the device. The progress bar will change from empty to full to indicate full activation as below:



3. Install APP on your BLE 4.0 smartphone



4. The bluetooth always on without mark



5. Run APP to search the device, then connect



6. Set personal information



7. Operation

- Touch the screen once to change the screen display below



Time, Date and Battery



Step for walking and running



Calories burned



Distance for walking and running



Activity time



Daily target %

- Long press the screen for 2 seconds till the sleep mark shows, then short touch the screen to enter the sleep mode, if not touch within 2 seconds, the tracker stay at activity mode.



- Long press the screen for 2 seconds till the people mark shows, then short touch the screen to enter the activity mode, if not touch within 2 seconds, the tracker stay at sleep mode.



- Wake up alarm(Default is all alarm off):

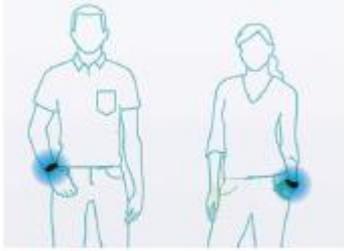
Total five alarms can be set, and you can set from Monday to Sunday, in vibration mode. After an alarm occurs, alarm starts every 10 seconds (One alarm consists of 3 small vibrations), alarm is max 3 times, you can touch screen to stop the alarm during the 3 alarm periods.



- Activity Alarm(The default alarm time is 6AM- 7AM , interval of 45 minutes): Activity time and alarm interval can be set. Default setting is if you walk less than 100 steps within 45 minutes during activity time period, the device will remind you to exercise with vibration (3 small vibrations).

8. How to wear activity tracker Battery charge

- Use the wristband to wear on your wrist
- It's water resistant , can wear it in the shower!



9. Battery Charge

-The empty battery mark will display when the battery low or runs out.

-The whole charging process will normally take 1 or 2 hours.

-A full charged tracker should last for approximately 4-5 days.

Note: Please charge the battery at least once a month to prolong battery life even not use the activity tracker for a long time.

10 . Specification

Product Name: J-STYLE Wireless Wristband Activity + Sleep Tracker

Size:

Main body:38*15.5*11mm

Wristband:235*19mm

Weight: 108 g

Battery: rechargeable lithium polymer battery

Display: 0.91'' OLED

Data Memory: 30 days

Walking distance: Max 999.99km

Calories burned: Max 9999.9kcal

Activity time: 99h59min.

FCC Warning:

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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or 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 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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.