OPERATION MANUAL
BT 4.0 Activity & Sleep Tracker - BT005

975143

×

MyWay Fit

Bluetooth SMART

Features

Key and (OLED version)

Device Daily Range

975143

Micro USB charging

Step	0 – 350,000 steps
Step Distance	0 – 500.0km or 0 – 500.0miles
Travel Time	00:00 – 24:00 (hr:mm)
Calories	0 – 50000 kcal
Age	5-99
Weight	30 – 136kg (66lb – 300 lb)
Height	100 cm – 200cm (39 inches – 79 inches)
Stride length	30 cm – 150cm (12 inches – 59 inches)

Features list
- BT 4.0
- Step
- Travel time
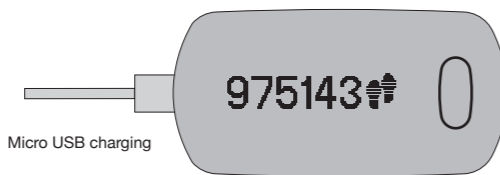- Distance
- Calories
- Avg. speed
- Sleep data
- Battery level

- Bluetooth 4.0
- Daily Steps
- Daily Travel time
- Daily Distance
- Daily Calories burnt
- Battery level shown on OLED
- Daily Sleep data
- 14 days data record for main unit
- Battery level shown the battery level in APP when synchronizing every time.
- Clock (built in RTC) with yy/mm/dd
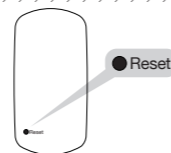- Clear sensor memories by APP.

- 1 key (Standalone version, OLED Version)
  - Press once to interchange the display mode.
  - Press and hold 2 second to enter sleep tracker mode.
  - In sleep tracker mode, press and hold 2 seconds to exit sleep tracker mode.
- OLED display : all display will be shown on the OLED, no LED.

Reset

- Reset

Press the key to clear all setting, and restore to default setting, The functions of the device are disabled until activating the device.
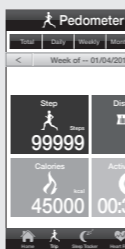
A.) Activate the pedometer

If it is the first time to use, it need to activate the device.

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

DISCONNECT

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

CONNECTING

3.) To check the mobile phone bluetooth status whether is on. (Settings▸Bluetooth ▸ select bluetooth on)

4.) Open the APP

MyWay Fit

5.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.

6.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.

7.) Select and click the "Settings" page. Then, Settings ▸ Connection ▸ Activity and sleep tracker and display the right:

8.) If mobile Phone have found the device, it will show on the mobile Phone (named : BT005), click this device name on the mobile phone for pairing and connection.

9.) If connection is successful, the device shown below:

CONNECTED

B.) Normal Operation (Step count mode)

1.) In the pedometer mode, press the button to interchange the OLED display mode.

2.) The display mode sequence is shown below:

Daily Step ➔ Daily Distance ➔ Daily time travel ➔ Daily Calories burnt ➔ RTC ➔ BT Connection

975143 → 5.43 → 5:54 →
DISCONNECT ← 15:14 PM ← 7514

Settings
Profile	›
Password	
Password Lock	Off ›
Connection	
Activity & Sleep Tacker	›
Heart Rate Monitor	›
Bike Meter	›
Help / Information	
About	›
Upgrade APP	›
Connect us	›

Back Connection
Bluetooth® Smart Activity & Sleep tracker ON
Scanning
Device
BT001 2B49 Disconnect
Detected, not paired
Forget Device Clear Memory

Back Connection
Bluetooth® Smart Activity & Sleep tracker ON
Scanning
Device
BT001 2B49 Connected
paired
Forget Device Clear Memory

C.) Sleep Tracker mode

1.) In any mode (except BT connection mode), press and hold key 2 seconds to enter the sleep tracer mode.

OLED display will be shown below:

00:00:01

2.) A count up timer will start to count the sleep in bed time.

3.) When wake up, press and hold the key 2 seconds to stop the sleep tracker count, the sleep record will be stored into memory.

4.) When exit the sleep tracker mode, it will return to step count mode.

Note : During sleep tracking mode, pedometer function will be disabled. There is no tracking function for the beginning 5 minutes.

D.) Bluetooth Connection

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

DISCONNECT

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

CONNECTING

3.) When connected, OLED will be shown "Connected" below.

CONNECTED

Note : During "Connecting" or "Connected" mode, press the key to disconnect the connection, and then return to pedometer mode.

DISCONNECT

CONNECTING

Available on the **App Store**
For iPhone 4S/5 or above

ANDROID

Pedometer

- To update the data, click on the APP to update the data.

● Daily summary mode   ● History mode   ●History chart

Pedometer
9999
8.8
4000
00:30:00
16

Pedometer
Step 99999 Distance 88.8
Calories 45000 Activity time 00:30:00

Pedometer — History chart
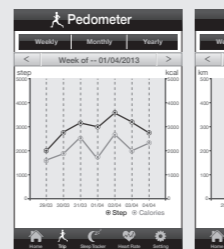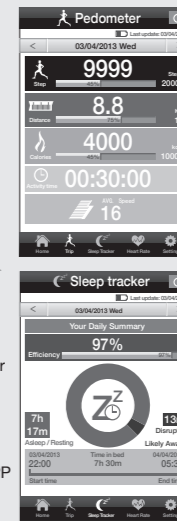
Display Step, Distance, Calories, Activity Time, Average Speed, Average Pace.Edit Target step, step distance, and calories.

History mode can show Daily, Weekly, Monthly, Yearly and Total. History Chart can show Weekly, Monthly, Yearly.

Sleep tracker

- To update the data, click on the APP to update the data.

● Daily summary mode   ●History mode   ●History chart

Sleep tracker
Your Daily Summary
Efficiency 97%
7h 17m 13m
Asleep / Resting Likely Awake
22:00 Time in bed 7h 30m
Start time End time

Sleep tracker
	Asleep / Resting	Disrupted	Efficiency
	5h 21m	15m	94%
Time in bed 5h 36m			05/04/2013
	6h 02m	8m	98%
Time in bed 6h 10m			04/04/2013
	7h 17m	13m	97%
Time in bed 7h 30m			03/04/2013
	5h 30m	16m	95%
Time in bed 5h 46m			02/04/2013

Sleep tracker — History chart
● Asleep time ● Sleep Efficiency

Display Start sleep time, Stop sleep time, Time in bed, Asleep time, Disrupted, Efficiency.

Display history --- Daily, Weekly and Monthly
Graph history display --- Weekly, Monthly, Yearly.

Synchronizing the data

To synchronize the data, it must to be connected between device and mobile Phone.

1.) In pedometer mode, press the key to Bluetooth connection mode, "Disconnect" will be shown.

2.) Press and hold key 2 seconds to enable Bluetooth connection. OLED display will be shown "Connecting" below:

3.) To check the mobile phone bluetooth status whether is on. (Settings▸Bluetooth ▸ select bluetooth on)

4.) Open the APP

5.) In Home mode, click Trip or Sleep tracker to enter corresponding pages.

6.) To update the data, click on the APP to update the data.

7.) Press button on the pedometer once to exit the Bluetooth mode, representing the device is working in the pedometer mode.
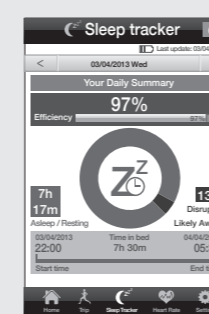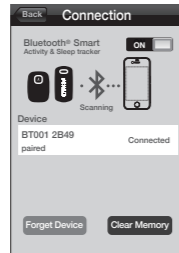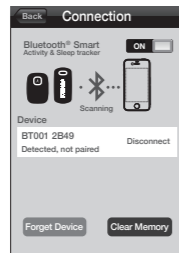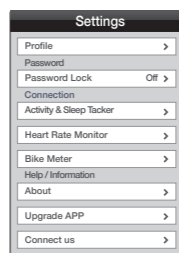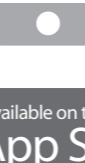
Pedometer
9999
8.8
4000
00:30:00
16

Sleep tracker
MyWay Fit
97%
7h 17m 13m
Asleep / Resting Likely Awake
22:00 7h 30m 05:30

To update the data, click the icon to update the data.

Updating the customer setting

After Bluetooth connection, the user can set the personal setting in profile page (Setting Profile)

Settings Profile Update
Name	
Gender	Male
Unit	Metric English
Age	
Height	cm
Weight	kg
Stride	cm

CLEAR PROFILE

After setting the personal information, press Update icon to update the information to tracker.

Update

Clear the stored data inside App

In profile page, press CLEAR PROFILE to clear the stored data inside APP.

CLEAR PROFILE

Clear internal memory

After Bluetooth connected is connected, press Clear Memory icon inside APP can clear all data store inside activity & sleep tracker.

Clear Memory

Unpaired internal memory

Press Forget Device can be unpaired the paired activity & sleep tracker. The user can pair the new tracker again.

Forget Device

OLED Display

1.) In order to save the power, OLED display will be only displayed on for 3 seconds.
2.) If the OLED is off, press key to wake the OLED on for 3 seconds.

Note : The function of key should be valid when there is OLED display.

Low battery indicator

-When there is low battery, it will display 1s low battey icon when press key from OLED wake up. Then, enter to previous corresponding stage.

Battery Charging

1.) When plug in the USB for charging, the OLED will be shown battery charging symbol until unplug the USB power. (Charging diagram like iphone charging direction.)

Note : During charging, the function must work properly.

It is strongly advised to charge every 5~7 days, to maintain the completeness of monitoring.

How to wear it

Clip it

Pocket it

Bag it

Wear the wrist band at night to track your sleep

It is strongly advised to upload your data every 5~7 days, to maintain the completeness of monitoring.