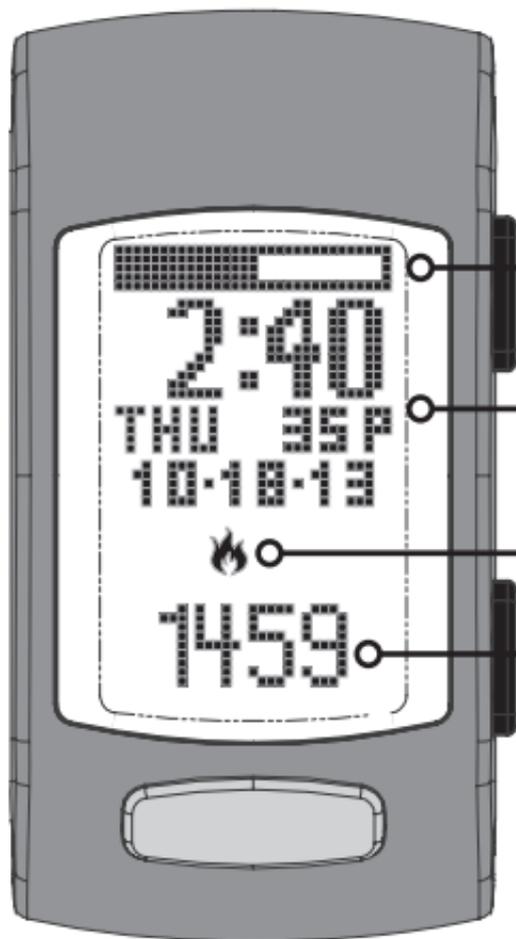


LifeTrak[™] Move **C300**



Goal Status Bar

Time/Date

Activity type:  distance |  calories |  steps

Activity value

Quick Start Guide

TO TURN YOUR C300 ON: press & hold any button until the screen turns on.



MODE

Press to change modes:

Time ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

LIGHT

Press together for light or **MODE + VIEW**

Can also double-click **VIEW**

START/STOP

Press to start/stop in *Workout*

VIEW

Press to view: distance ▶ calories ▶ steps

1 Press & hold to read your heart rate ♥

NOTE:
The buttons are not intended for use in or under water

GOAL SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **GOAL**



INSIDE SETTING MODE



● increase value

● decrease value

Press: go to next setting
Press & hold: exit setting mode

TIME SETUP

NOTE:
A = AM
P = PM



① In *Time*, hold **MODE** for 3 sec



② Select **TIME**

- seconds ▼
- minute ▼
- hour ▼
- year ▼
- month ▼
- day ▼
- month-day format ▼
- 12/24 hr format

INSIDE SETTING MODE



● edit/increase value

● edit/decrease value

● Press: go to next setting
● Press & hold: exit setting mode

③

ADVANCED SETUP



① In Time, hold **MODE** for 3 sec



② Select **ADV**

gender
▼
birthday (year)
▼
birthday (month)
▼
birthday (day)
▼
unit format
▼
weight
▼
height

INSIDE SETTING MODE

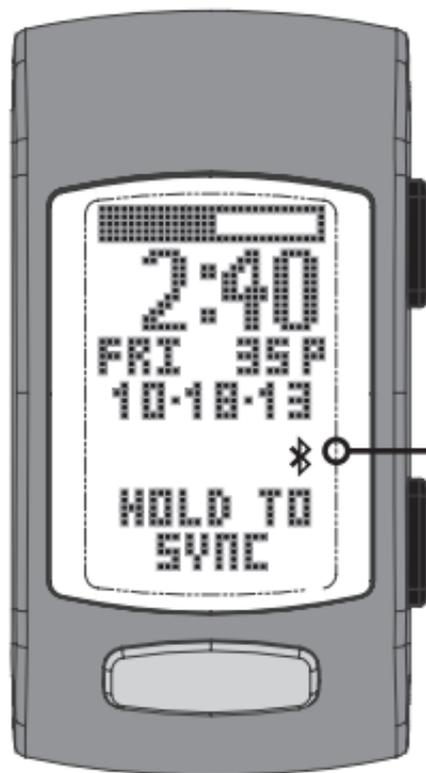


● edit/increase value

● edit/decrease value

Press: go to next setting
Press & hold: exit setting mode

Transfer data between your C300 and Bluetooth Smart Ready devices.



Before you can transfer data, you must install the FREE Argus app on your Bluetooth Smart Ready device.

Visit www.lifetrakusa.com/app or search for the Argus app in iTunes®.

Bluetooth Indicator

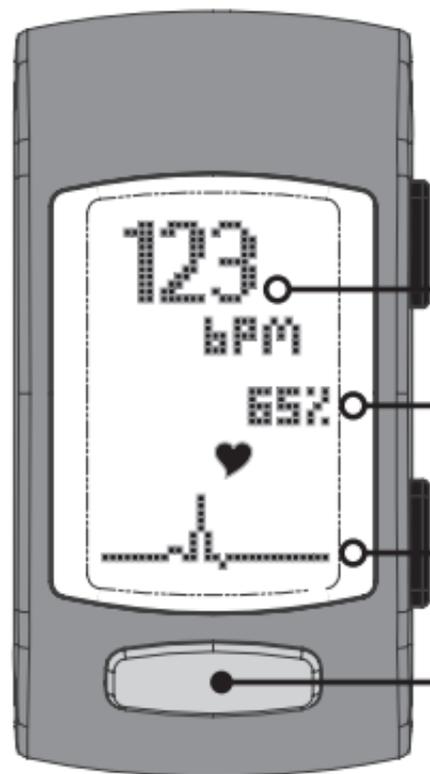
START/STOP

Hold to begin syncing (must be in *Time*)

NOTE: For best results, keep your devices within 2 meters of each other when syncing.

HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calories more accurately**.



1. Put your C300 snugly around your wrist.
2. Place your finger on **VIEW**.
3. Gently press and hold for 3-8 seconds until your heart rate appears.

Heart Rate (beats per minute)

% of Maximum Heart Rate

Pulse Indicator

VIEW

Press & hold to read your heart rate

HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour chart.



From *Time*,
press **MODE** until you reach
Hourly Display

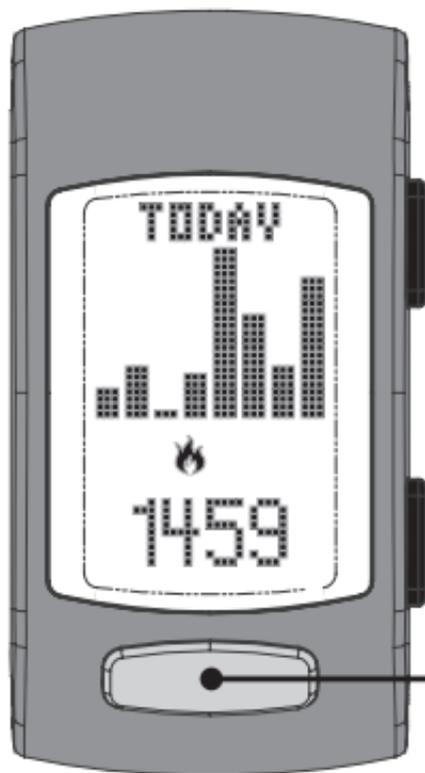
VIEW

Press to view:

distance, calories, steps

WEEKLY DISPLAY

Shows your results for the past 7 days.



From *Time*,
press **MODE** until you reach *Weekly
Display* (“Today” will be shown)

START/STOP

Press to browse through the past
7 days

VIEW

Press to view:

distance, calories, steps

WORKOUT MODE

Records data from an individual workout.



From *Time*,
press **MODE** until you reach *Workout*

START/STOP

Press to start/stop recording your workout

Hold to reset data (*Workout* mode must be stopped)

VIEW

Press to view:

distance, calories, steps

ALL-DAY CALORIE

Your C300 allows for a more comprehensive calorie count by factoring in calories burned simply through everyday living, in addition to any exercise and activity. This is a great tool to compare against your daily calorie intake!

Your C300 will also provide a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

HELPFUL HINTS:

ALL-DAY CALORIE

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie meter accounts for these calories burned.
2. You will see calories burned even when you're not wearing your C300. This is perfectly normal as it is gauging the calories your body typically burns throughout the day.

AUTO CALIBRATED DISTANCE

For a more accurate distance, your C300 adjusts your stride length based on how fast you are walking or running.

HELPFUL HINTS:

STEP COUNT

If you are having difficulty acquiring your steps, try the following:

1. Take 30 - 40 steps before checking your step count.
2. If your steps are being over or undercounted, try adjusting the step calibration setting. See following page (*Step Calibrate*).

Step count is determined by actual steps. Arm motion can affect this count.

STEP CALIBRATE

If you find your steps or distance over/undercounting, you can try changing the step calibration setting.

Default: Optimal setting for most people and conditions.
This is the initial setting

Option A: Recommended for low impact movements
(e.g., person who treads lightly on their feet)

Option B: Recommended for high impact movements
(e.g., person who treads heavily on their feet)



①
In *Time*,
hold
MODE
for 3
sec



②
In *setting mode*,
hold
**START/
STOP** for
3 sec

"Step Cal"
will appear
at bottom



③
Select
**STEP
CAL**

ADJUSTING YOUR BAND

The bands of your C300 are reversible and replaceable. They easily slide off and can be reinserted.

Please see the *Information Guide* for full details.

NOTE: The Clasp on the short band (top band) can be rotated for a more refined fit.



MASTER RESET

To perform a master reset and clear all data, hold together for 3 seconds **MODE + START/STOP + VIEW**.
Your C300 will reset and turn off.

To activate again, hold any button until the screen turns on.

CAUTION: A master reset will clear all data, settings and history records.

POWER SAVE SCREEN

To conserve the battery, the screen will shut off after 30 minutes of inactivity. Only current time and the message "Shake Me" will be displayed.

To turn your screen on, simply shake it or press any button.



CONTACT

- Email: support@LifeTrakUSA.com
- Website: www.LifeTrakUSA.com
- Phone: 1-855-903-9030
- Mail:

LifeTrak
39962 Cedar Blvd, Ste 285
Newark, CA 94560

For additional band colors, accessories and other innovative products, visit us at **LifeTrakUSA.com**.

iTunes® is a registered trademark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by LifeTrak is under license. Other trademarks and trade names are those of their respective owners.

Copyright © 2013 LifeTrak™. All rights reserved. Duplication or copying of all or part of this manual without the express written consent of LifeTrak is prohibited.