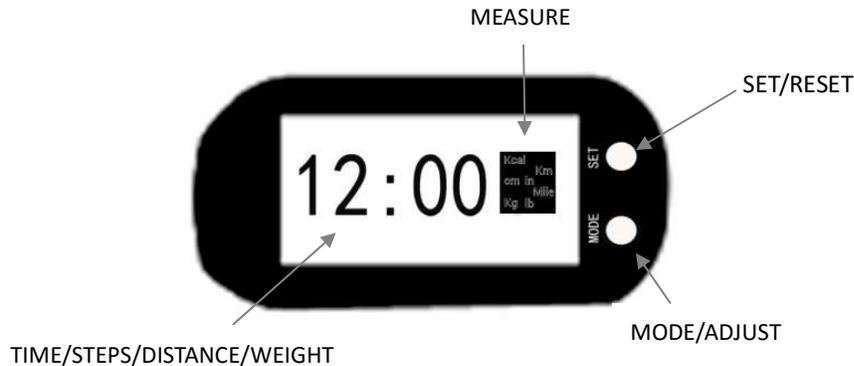


CHANGING BETWEEN METRIC AND US

Press and hold down the mode button to about 10 seconds (you will see the screen change).



BFit Watch Instructions

FEATURES: LCD display with five-digit numbers, two keys-mode/adjust and set/reset

- Counts Steps ranging from 0 to 99999
- Records calories burned in kcal
- Measures distance in miles or Kilometers
- Time in 12/24 hour display
- Body weight and stride (US or Metric system)
- Under the time display, press MODE to display steps > step distance > calorie
- Battery Power: 1.5V

OPERATING INSTRUCTIONS

US and Metric system change after replacement of new battery. LCD display flashes US or Metric. Press MODE key to set.

1. Setting time: LCD default displays 12:00. To SET/ADJUST time press and hold SET for 2 seconds, and hour should flash. Press MODE to adjust hour. Press SET again to adjust minutes.

2. Counting steps function: From LCD display time press MODE once. LCD display shows "0" and will start to count steps. Press SET again to reset LCD display to zero.

3. Setting step distance: From LCD display time press MODE twice to display 0:00 mile. Press and hold SET for 2 seconds to display "24 inch". Step distance ranges from 10 to 80 inches by pressing the MODE key. It will add 2 inches every time the SET button is pressed until the default value of 24 inches (Metric step distance ranges from 30 to 200CM, and will add 5CM each time you press SET button until the default value of 60CM). For best accuracy, measure actual stride. Press SET to confirm step distance.

4. Setting weight: From LCD display time, press MODE three times. LCD will display 0.00 kcal. Press and hold SET key for 2 seconds for the metric system. Weight ranges from 70 to 250LB by pressing MODE key. It will add 5LB every time SET button is pressed until the default value of 130Lb (Metric weight ranges from 30 to 120KG, and will add 2KG each time SET button is pressed until default value of 60KG). Press SET to confirm weight.

Activity Tracking Accuracy

BFit Watch activity trackers are intended to be tools to provide you with information to encourage an active and healthy lifestyle. BFit Watch activity trackers rely on sensors that track your movement. The data and information provided by these devices is intended to be a close estimation of your activity, but may not be completely accurate, including step, distance and calorie data. BFit Watch activity trackers are not medical devices, and the data provided by them is not intended to be utilized for medical

doctor before engaging in any exercise routine.

Note: BFit uses 1 AG10 battery. Keep away from children 3 years and under. To maintain accurate reading, the battery should be changed every 12 months. Do not drop or submerge in water.

NOT WATERPROOF OR WATER RESISTANT

TO AVOID DAMAGE TO YOUR BFIT MODULE, IT IS RECOMMENDED THE BATTERY BE PROFESSIONALLY REPLACED.