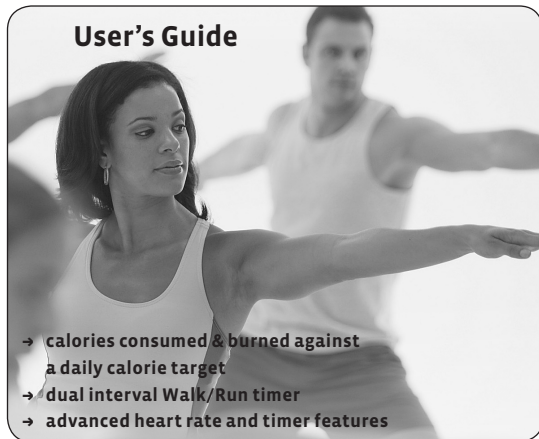


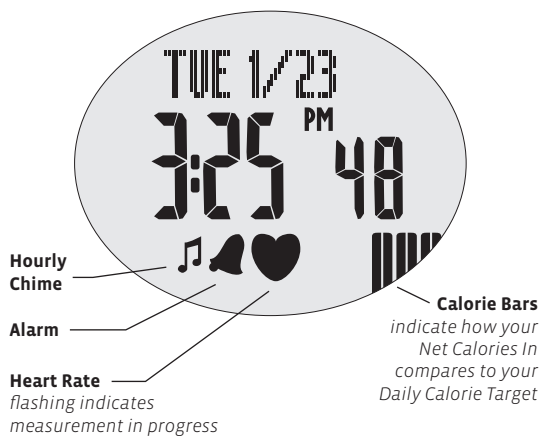
mio™ Shape Elite



User's Guide

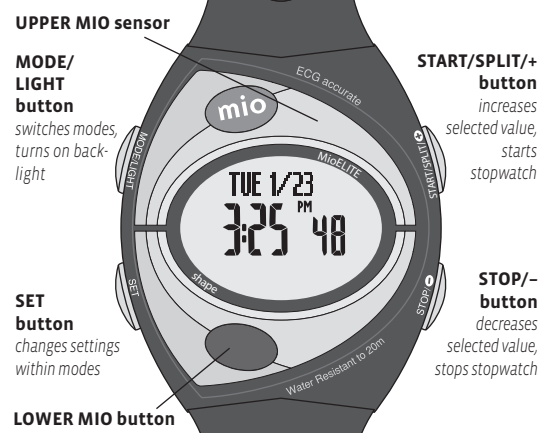
- calories consumed & burned against a daily calorie target
- dual interval Walk/Run timer
- advanced heart rate and timer features

A. MIO Shape Elite AT-A-GLANCE



- Hourly Chime**
- Alarm**
- Heart Rate** flashing indicates measurement in progress
- Calorie Bars** indicate how your Net Calories In compares to your Daily Calorie Target

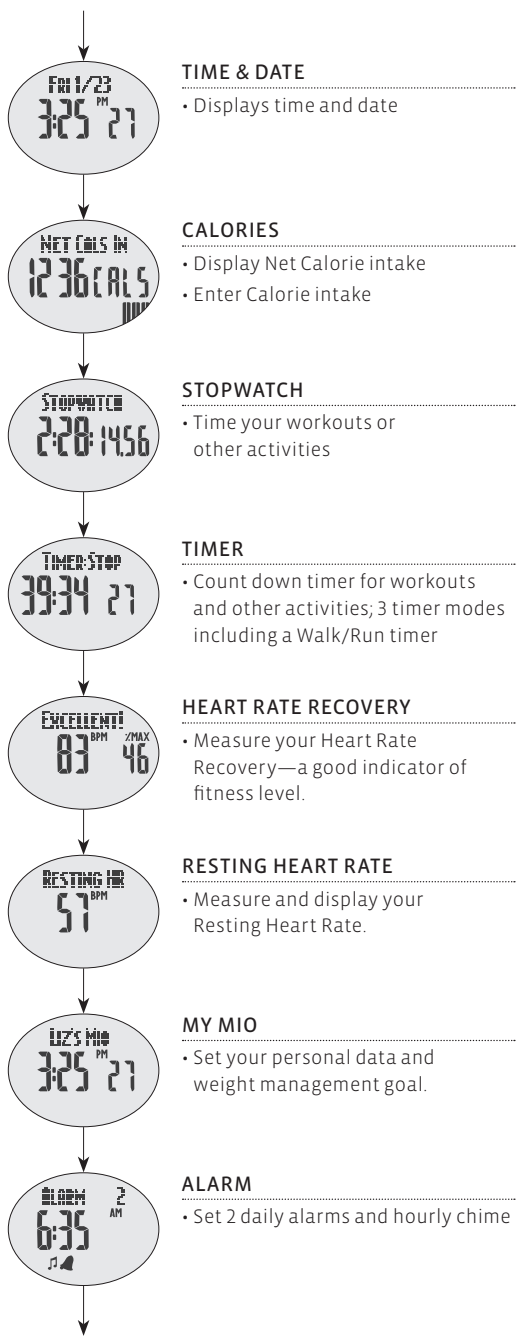
To use light: Hold the MODE/LIGHT button until light comes on (2 seconds). Light will stay on for 5 seconds. Press any key for additional 2 seconds, as many times as desired.



- UPPER MIO sensor**
- MODE/LIGHT button** switches modes, turns on back-light
- START/SPLIT/+ button** increases selected value, starts stopwatch
- SET button** changes settings within modes
- LOWER MIO button**
- STOP/- button** decreases selected value, stops stopwatch

B. MODES OF OPERATION

Press MODE to move to the next mode.



In all modes you can set/edit the values by following these steps:

1. Hold SET button until beep (2 seconds)
2. Value you are setting will flash
3. Press + button to increase value, press - button to decrease value
4. When value is adjusted, press SET
5. Repeat steps 2 to 4 until all settings are complete.

Note: to exit before all settings have been adjusted, press the MODE button and then START/SPLIT/+ to save your changes or STOP/- to cancel your changes.

C. SET TIME & DATE

- Hold SET until beep (2 seconds). YEAR digits flash.
- Press + or - to reach correct year. Press SET.
- Do the same to select MONTH, DAY, HOURS, MINUTES, 12/24-HOUR CLOCK & US/European DATE settings.
- To stop making changes at any time, press MODE, then press START/SPLIT/+ to save changes or STOP/- to cancel.

D. SET MY MIO

PERSONAL DATA AND WEIGHT MANAGEMENT

MIO uses your personal information in estimating your Maximum Heart Rate, Calorie expenditure and Daily Calorie Target.

- Press MODE 6 times to go from TIME to MY MIO.
- Hold SET until beep (2 seconds). Letters for NAME blink.
- Press + or - to scroll to desired letter. Press SET. Repeat for each letter.

- Do the same for WEIGHT, units (LB for pounds or KG for kilograms), GENDER, BIRTH YEAR and BIRTH MONTH.
- Enter your ACTIVITY LEVEL (Sedentary, Moderate or Very Active) based on the description below that best matches your regular activity.

Determine from the table the regular activity you engage in at home & at work. Do not include exercise sessions.

Lifestyle	Description
Sedentary (SED)	You sit most of the day at work and at home. You drive or ride in a car to get around.
Moderately Active (MOD)	You are more active at work and at home; you ride to work, use stairs, do housework.
Very Active (VERY)	You are very physically active at work and at home, performing strenuous physical labor such as construction work.

- Adjust your Weekly Weight Change Goal using the + and - buttons. For example, if your goal is to lose 1 lb per week then use the - key to decrease the Goal to -1.0. Press SET to enter the adjusted amount.

Note: To lose weight use a negative (-) goal; to gain weight use a positive (+) goal.

- Accept your default Daily Calorie Target (which is based on your weight, activity level, and weekly weight change goal) by pressing SET or adjust this value using the + and - keys, pressing SET to accept each digit.

(For more information on Weight Management refer to section K.)

- To stop making changes at any time, press MODE, then press START/SPLIT/+ to save changes or STOP/- to cancel.

To return to TIME, press MODE 2 times.

E. SET ALARMS & HOURLY CHIME

Press MODE 7 times to go from TIME to ALARM.

TO SET ALARMS

- Hold SET until beep (2 seconds). Alarm 1 appears.
- Press + or - to change between ON & OFF. Press SET to select.
- If ON is selected, press + or - to adjust HOUR. Press SET.
- Do the same for MINUTES. Press SET to move to Alarm 2.
- Repeat for Alarm 2. Press SET to move onto Chime.

TO SET HOURLY CHIME

- After Alarm 1 and Alarm 2 settings (above) the display will move on to Chime.
- Press + or - to change ON or OFF. Press SET to select.

FOR ALARMS & CHIME

- To stop making changes at any time, press the MODE key. Press START/SPLIT/+ to save or STOP/- to cancel.
 - Bell icon and/or Chime icon will show if function is activated.
- To return to TIME, press MODE once.

F. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).

- Press MODE 5 times to go from TIME to RESTING HEART RATE.
- Place two finger pads on the MIO Sensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.

To return to TIME, press MODE 3 times

G. USING THE STOPWATCH

Press MODE 2 times to go from TIME to STOPWATCH

TO CALCULATE CALORIES BURNED

- Press START/SPLIT/+ to begin your workout. The stopwatch will begin counting.
- Record your heart rate while you exercise, but particularly when you increase or decrease the intensity of your workout, for a more accurate calorie expenditure. (See section H. Take Your Heart Rate.) After your heart rate & percentage of maximum heart rate appear, the number of calories burned since starting the stopwatch will appear.

- To pause your workout press STOP/-; press START/SPLIT/+ to resume.

- Press STOP/- when you finish your workout.

- Press STOP/- again to view a workout summary showing Stopwatch time and Calories burned. These calories will be automatically subtracted from your NET CALORIES IN.

- Press and hold STOP/- button for 2 seconds to reset stopwatch and calories burned back to zero.

To return to TIME, press MODE 6 times.

TO CHECK YOUR SPLIT TIME

- Press START/SPLIT/+ while the stopwatch is running. Your split time will display for 7 seconds. (The stopwatch keeps running in the background, then goes back to the regular stopwatch display after the 7 seconds.)

H. TAKE YOUR HEART RATE



1. Place index finger on the metal UPPER MIO sensor and thumb on LOWER MIO button.



2. Press down gently on the button to activate MIO sensors. Heart icon will flash. Thumb must be in contact with metal plate surrounding button.



3. Wait for Heart Rate readout (4-7 seconds). Your MIO will beep to let you know that the reading is ready.

Heart rate appears in beats per minute (BPM). The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%). MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.

You will return to the previous mode 5 seconds after removing your finger pads from the MIO Sensors.

TROUBLESHOOTING POINTERS

1. If you don't get your heart rate within 10 seconds, moisten your finger pads & try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch & your arm. Do not press too hard on sensors.
2. To optimize readings, occasionally clean the back of your MIO case and the metal UPPER and LOWER MIO sensors with a clean soft cloth.
3. If MIO's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the face is blank, replace MIO's battery (see Section TO CHANGE MIO'S BATTERY on the other side).

I. USING THE TIMER

Press MODE 3 times to go from TIME to TIMER.

The current TIMER MODE will be displayed on the upper part of the display (STOP: Countdown and Stop, REP: Countdown and Repeat, DUAL: Dual (Walk/Run)) while Timer setting(s) are displayed in the lower display area.

TO USE THE CURRENT TIMER MODE AND SETTINGS

- Press START/SPLIT/+ to begin the timer.
- To pause press STOP/-; press START/SPLIT/+ to resume.
- To reset the timer to the initial starting time press STOP/-, then press STOP/- again to reset it.
- When the countdown timer has reached zero your MIO will beep twice.
- If the TIMER MODE is REP or DUAL then the next interval (if applicable) will automatically start when zero is reached.

TO COUNT DOWN TO ZERO & STOP

- Hold SET until beep (2 seconds)
- Press + or - to change TIMER MODE to STOP. Press SET.
- Press + or - to adjust seconds. Press SET.
- Do the same for minutes and hours.
- Press START/SPLIT/+ to begin countdown timer.
- To pause the countdown press STOP/-; press START/SPLIT/+ to resume.
- To reset the countdown TIMER to the initial starting time press STOP/-, then press STOP/- again to reset it.
- When the countdown timer has reached zero your MIO will beep twice.

TO COUNT DOWN TO ZERO & REPEAT

- Hold SET until beep (2 seconds)
- Press + or - to change TIMER MODE to REP. Press SET.
- Press + or - to adjust seconds. Press SET.
- Do the same for minutes and hours.
- Press START/SPLIT/+ to begin countdown timer.
- To pause the countdown press STOP/-; press START/SPLIT/+ to resume.
- When the countdown timer has reached zero your MIO will beep twice.
- Countdown will automatically repeat. Repetition number will be displayed during countdown.
- To reset to the initial starting time press STOP/-, then press STOP/- again to reset it.

TO USE THE DUAL (WALK/RUN) TIMER

- Hold SET until beep (2 seconds)
- Press + or - to change TIMER MODE to DUAL. Press SET.
- Press + or - to the number of repetitions (1 to 20 or "INF." for an unlimited number of repetitions). This is the number of times the dual interval (Walk/Run) pattern will be repeated. Press SET.
- Press + or - to adjust the seconds for Interval 1 (e.g., Walk interval time). Press SET.
- Do the same for the minutes and hours of Interval 1.
- Press + or - to adjust the seconds for Interval 2 (e.g., Run interval time). Press SET.
- Do the same for the minutes and hours of Interval 2.
- Press START/SPLIT/+ to begin Dual Interval (Walk/Run) timer.
- To pause the countdown press STOP/-; press START/SPLIT/+ to resume.
- When the countdown timer has reached zero on the first interval (e.g. Walk) your MIO will beep twice.
- Countdown for the second interval (e.g., Run) will automatically begin.
- When the countdown timer has reached zero on the second interval (e.g. Run) your MIO will beep twice.
- This pattern will repeat for the number of repetitions you have selected. The Repetition number and Interval number will be displayed above the countdown time.
- When all the repetitions are complete your MIO will beep four times.
- To reset the countdown TIMER to the initial starting time press STOP/- to stop the countdown then press STOP/- again to reset it.

To return to TIME, press MODE 5 times.

J. MEASURING HEART RATE RECOVERY

To check your Heart Rate Recovery (HR Recovery):

- Press MODE 4 times to go from TIME to HEART RATE RECOVERY. HR Rcvry & Begin Test blink alternately.
- Take your heart rate. MIO then counts down 55 seconds, beeping every 5 seconds. When the timer reaches zero, a short, low beep & long, high beep will sound.
- Take your heart rate again. Heart Rate Difference (between first & second reading) & Rating (poor, fair, good, excellent) will appear.

Rating	Heart Rate Difference
Poor	< 12 bpm
Fair	12 – 30 bpm
Good	31 – 50 bpm
Excellent	> 50 bpm

To return to TIME, press MODE 4 times.

K. WEIGHT MANAGEMENT MODES

MIO uses your personal information (weight, gender, age, resting heart rate, activity level, etc.) and personal goals (e.g., Weekly Weight Change Goal) to help you establish a TARGET Daily Calorie intake and to calculate Calories burned during workouts.

The NET CALORIES IN mode displays net calorie intake (Calorie Intake – Calories burned during workouts) and allows you to enter your Calorie intake. Calories burned during workouts are counted (based on your personal information and heart rate readings) using the Stopwatch and are automatically subtracted from your NET CALORIES IN at the end of your workout. Your TARGET Daily Calories is set in MY MIO (refer to section E). As your weight changes, update it in MY MIO (section E). If your Resting Heart Rate changes as you get in shape, update it (see section F).

The CALORIE BARS on the display indicate how your NET CALORIES IN compare to your TARGET Daily Calories:

- Less than 1/6 of TARGET: 1 bar appears.
- 1/6 to 2/6 calories of TARGET: 2 bars appear. Each bar represents 1/6 of Target, appearing cumulatively as you near the Target.
- At or over TARGET: all 6 bars appear.

TO ENTER CALORIES CONSUMED:

- Press MODE once to go from TIME to NET CALS IN.
- Hold SET until beep (2 seconds).
- Use + and - to adjust CALORIES IN then press SET.
Note: Holding the + or - key down will allow you to change the numbers quickly.
- These calories will be added to your NET CALS IN.

To return to TIME press MODE 7 times.

TO RESET NET CALS IN

At the start of each day you should reset your NET CALS IN to zero.

- Press MODE once to go from TIME to NET CALS IN.
- Hold STOP/- until beep (5 seconds). Your NET CALS IN clears to zero.

To return to TIME press MODE 7 times.

Refer to section G to learn how to use STOPWATCH to time your workouts, count calories burned, and have them automatically subtracted from your NET CALS IN.

MORE INFORMATION ON SETTING YOUR TARGET DAILY CALORIES

MIO automatically calculates a default TARGET DAILY CALORIES based on your personal information (weight, activity level) and Weekly Weight Change Goal. You may choose to accept this default or to edit this TARGET based on your own calculations. Here is a standard method to calculate your TARGET:

1. RESTING METABOLIC RATE (RMR):
Multiply your weight (in lbs) by 10 (or multiply your weight in kg by 22)
Example: 130 lbs x 10 = 1,300 RMR
2. ACTIVITY LEVEL
Determine from the table below the regular activity you engage in at home & at work. Do not include exercise sessions. Multiply your RMR by % Activity Level
Example: 1,300 RMR calories x 50% Activity Level = 650 Activity calories

Lifestyle	Description	Add % to RMR
Sedentary (SED)	You sit most of the day at work and at home. You drive or ride in a car to get around.	20–40%
Moderately Active (MOD)	You are more active at work and at home; you ride to work, use stairs, do housework.	40–60%
Very Active (VERY)	You are very physically active at work and at home, performing strenuous physical labor such as construction work.	60–80%

3. DAILY CALORIE REQUIREMENT (DCR)
Determine your DCR by adding your RMR calories & Activity calories.
Example: 1,300 RMR calories + 650 Activity calories = 1,950 DCR
4. DAILY CALORIE TARGET
TO MAINTAIN YOUR CURRENT WEIGHT:
Your DCR is your Daily Calorie Target
TO LOSE 1 LB PER WEEK:
Deduct 500 calories from your DCR
Example: 1,950 DCR – 500 calories = 1,450 Daily Calorie Target
TO GAIN 1 LB PER WEEK:
Add 500 calories to your DCR
Example: 1,950 DCR + 500 calories = 2,450 Daily Calorie Target

Note: 1 lb of weight=3,500 calories

Enter or change your TARGET in MY MIO (see Section D).

CONTACT

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1.877.770.1116
fax 1.309.689.6543
www.miowatch.com

TO CHANGE MIO'S BATTERY

Take your MIO to a MIO-certified battery replacement center. Check www.miowatch.com to find the most convenient centre for you.

MIO Shape Elite SPECIFICATIONS

Stopwatch: **9 hours 59 minutes; 7 second split display**

12/24 hour clock

Dual alarm

Hourly chime

Total Calorie Intake (Total In): **9999**

Calorie Expenditure (Burned): **9999**

Calorie Target (Target): **9999**

Countdown Timer (Timer): **9 hours 59 minutes**

Countdown Timer Modes:

- **2 Basic** (Countdown & Stop, Countdown & Repeat)
- **1 Customizable Dual Interval** (Walk / Run) Timer

Maximum Heart Rate Percentage: **99%**

Maximum Readable Heart Rate: **199 BPM**

Minimum Readable Heart Rate: **43 BPM**

Heart Rate Recovery Interval: **1 minute**

Luminescent Backlight: **5 second display**

Water Resistance: **20 meters**

Operating Temperature: **0°C to 40°C**

Lens: **acrylic**

Watchcase: **ABS**

Caseback: **stainless steel**

Strap: **polyurethane**

Buckle: **stainless steel**

Battery: **standard lithium type CR2032**

Expected Battery Life: **1 year**

Made in China
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

For more tips and information on using MIO Shape Elite see www.miowatch.com

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSICAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE. RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN ECG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

LIMITED (ONE YEAR) WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO LIFESTYLE WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO LIFESTYLE WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO FITNESS WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$10.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.770.1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS. YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: Parsec Enterprises Inc., 7501 N Harker Dr. Peoria, IL, 61615. NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.