

## User's Guide for Lifestyle, Walk and Walk Pink

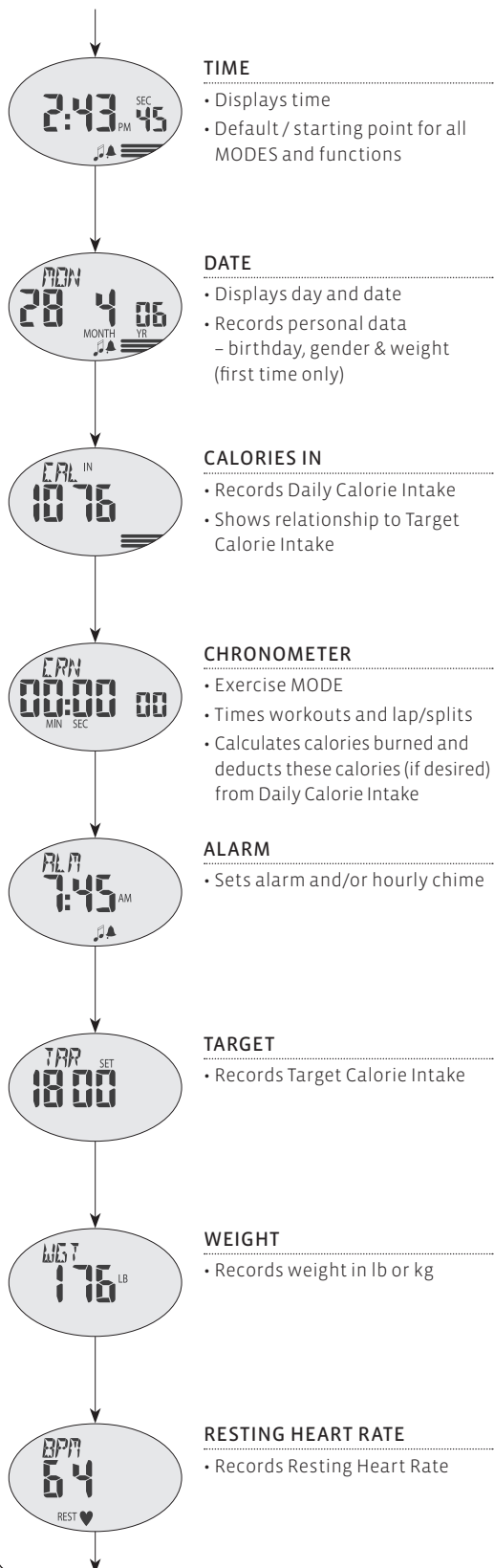
- set your daily calorie target
- enter calories consumed for running daily total
- get your heart rate without a chest strap
- track calories burned during a workout



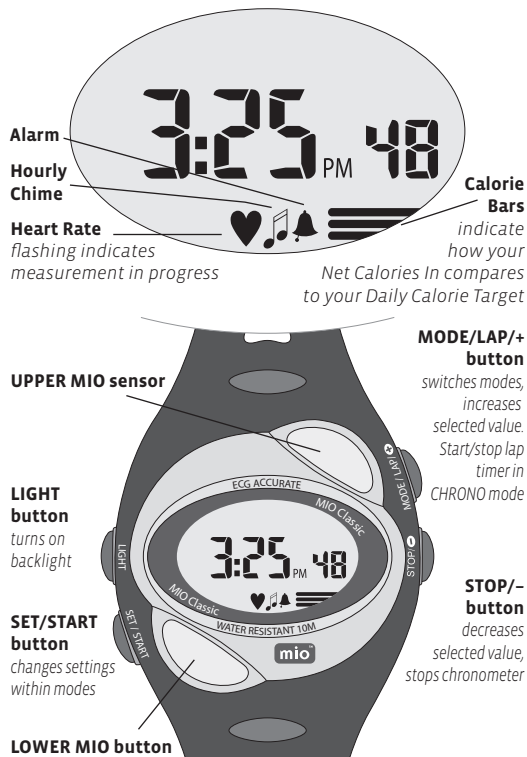
This guide is also available online at [www.miowatch.com](http://www.miowatch.com)

### C. MODES OF OPERATION

Press MODE to move to the next mode.



### A. MIO LIFESTYLE AT-A-GLANCE



#### How to operate SET button

Whatever MODE you are in, use the SET button to record the values you want:

1. Hold SET until beep (2 seconds).
2. Value you are setting will flash.
3. Use + to move forward, - to go back.
4. When value is adjusted, press SET again.
5. Repeat as needed.
6. When finished, hold SET until beep (2 seconds).

To use light: Press LIGHT. Light will stay on for 7 seconds.

### D. SET TIME

- Hold SET until beep (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes, seconds, AM / PM values.
- To stop making changes at any time, hold SET until beep. New settings will be stored.

### E. SET DATE

- Press MODE once to go from TIME to DATE.
- Hold SET until beep (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, day of month, weekday, birth year, birth month, birth day, male/female icon, lb/kg symbol, weight (make changes to weight after this in WEIGHT).
- To stop making changes at any time, hold SET until beep.
- To return to TIME, press MODE 7 times or wait 60 seconds.
- If checking the date from the TIME mode, press MODE once, MIO will return to TIME automatically after 10 seconds.

### F. SET HOURLY CHIME & ALARM

- Press MODE 4 times to go from TIME to ALARM.
- Press SET:
  - 1 time to turn on HOURLY CHIME (music icon) only.
  - 2 times to activate ALARM (bell icon) only.
  - 3 times to turn on both HOURLY CHIME and ALARM.
  - 4 times to turn off both HOURLY CHIME and ALARM.

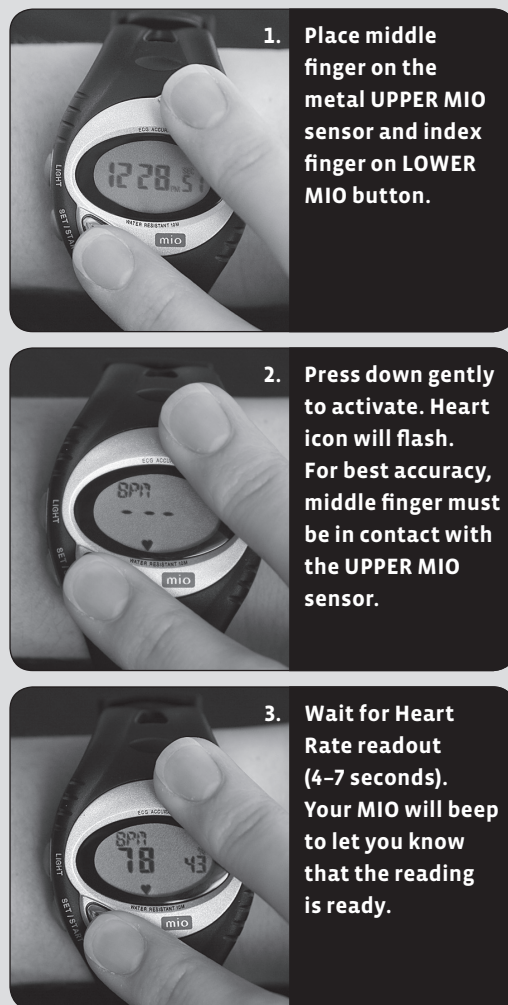
#### TO SET ALARM

- Hold SET until beep (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.
- To return to TIME, press MODE 4 times or wait 60 seconds.

### G. SET WEIGHT

- Press MODE 6 times to go from TIME to WEIGHT.
- Hold SET until beep (2 seconds). LB or KG blinks.

### B. TAKE YOUR HEART RATE



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 K on the other side).

- Press + or - select one. Press SET.
- Weight digits blink. Press + or - to reach correct weight.
- Hold SET until beep (2 seconds).

To return to TIME, press MODE 2 times or wait 60 seconds. MIO calculates calories burned during exercise based on your age, gender, weight, and resting heart rate. Update your weight regularly for the most accurate MIO calculation.

### H. 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 7 times to go from TIME to RESTING HEART RATE.
- Place two finger pads on the MioSensors as described in section B. The REST and heart icon blink. Your resting heart rate should appear within 5-7 seconds.
- To return to TIME, press MODE once or wait 60 seconds.

## I. USING EXERCISE CHRONOMETER

- Press MODE 3 times to go from TIME to CHRONOMETER (CRN).
- Press SET/START to start your workout.
- Record your heart rate anytime while exercising, but particularly when you increase or decrease the intensity of the workout for a more accurate calorie expenditure.
- After your heart rate and percentage of maximum heart rate appear, the number of calories burned since starting the timer will appear.
- To display the lap/split time during your workout, press MODE/LAP. The chronometer time will continue running in the background. To return to the running chronometer, press MODE/LAP again.
- To pause your workout press STOP. Press SET/START to resume your workout.
- Press STOP when finished.
- Press STOP again to view the total number of calories burned. If you did not measure your heart rate, this resets the CHRONO to zero.
- The SET icon also flashes. If you don't want to deduct the calories burned from your DAILY CALORIE INTAKE, press stop a third time. CHRONO is cleared to zero.
- To deduct the calories burned from your DAILY CALORIE INTAKE, hold SET until beep (2 seconds). CHRONO is cleared to zero.
- Your updated Daily Calorie Intake (DCI) briefly appears with CAL IN at top left. If your update DCI is negative, CAL IN MINUS appears above the digit total.

To return to TIME, press MODE 5 times or wait 60 seconds.

## J. WEIGHT MANAGEMENT MODES

### TARGET

When using MIO as a weight management tool, you must enter your DAILY CALORIE TARGET and as your weight changes, you should adjust this target. To determine this number, calculate the following:

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  
From the table below, determine the regular activity you engage in at home & at work. Do not include exercise sessions.

Lifestyle	Description	Add % to RMR
Sedentary	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	You are more active at work and at home; you ride to work, use stairs, do housework.	40-60%
Very Active	You are very physically active at work and at home, performing strenuous physical labor such as construction work.	60-80%

Multiply your RMR by % Activity Level  
Example: 1,300 RMR calories x 50% Activity Level = 650 Activity calories

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 ONE POUND PER WEEK:  
Deduct 500 calories from your DCR  
Example: 1,950 DCR - 500 calories = 1,450 Daily Calorie Target  
  
TO GAIN ONE POUND 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

You are now ready to enter your DAILY CALORIE TARGET.

- Press MODE 5 times to go from TIME to TARGET.
  - Hold SET until beep (2 seconds). First digit blinks.
  - Press + or - to add calories in the 1000s digit. Press SET.
  - Do the same for the 100s, 10s, 1s digits. Example: If your Daily Calorie Target is 1450 calories, set 1 in the 1000s digit, 4 in the 100s digit, 5 in the 10s digit and 0 in the 1s digit.
  - When finished, hold SET until beep (2 seconds).
- To return to TIME, press MODE 3 times or wait 60 seconds. Remember to adjust your DAILY CALORIE TARGET as you lose or gain weight.

### CALORIE IN

This mode displays your DAILY CALORIE INTAKE (DCI) and its relation to your TARGET CALORIE INTAKE (TCI). MIO displays how close your DCI is to your TARGET using bars. These bars also display in TIME and CALENDAR. If your DCI is:

- Negative: digits blink; MINUS appears beside CAL IN.
- Less than 1/3 of TARGET: no bar appears.
- 1/3 to 2/3 of TARGET: 1 bar appears.
- 2/3 to 1 calories less TARGET: 2 bars appear.
- At or over TARGET: 3 bars flash and MIO beeps 5 seconds or until any button is pressed.

### TO ENTER CALORIES CONSUMED:

- Press MODE 2 times to get from TIME to CALORIE IN.
- Hold SET until beep (2 seconds). 1000s digit blinks.
- Press + or - to add calories in the 1000s digit. Press SET.
- Do the same for the 100s, 10s, 1s digits. Example: If you consumed 385 calories, set 0 in the 1000s digit, 3 in the 100s digit, 8 in the 10s digit and 5 in the 1s digit.
- When finished, hold S E T until beep (2 seconds).



For more tips and information see [miowatch.com](http://miowatch.com)

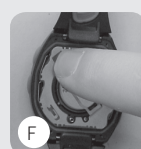
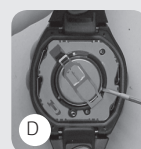
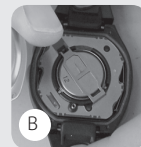
- To CLEAR your CALORIE IN (you need to do this daily), press SET until you hear 2 sets of beeps (one after 2 seconds, and another after 3 seconds). Your CALORIE IN clears to zero, in SET mode ready to receive a new update. If you don't wish to enter a new calorie value, press SET for two seconds to exit SET mode. CAL IN will remain at zero.

To return to TIME, press MODE 6 times or wait 60 seconds.

## K. TO CHANGE MIO'S BATTERY

NOTE: IT IS ADVISABLE TO USE A REPUTABLE JEWELER THAT CAN TEST FOR WATER RESISTANCE AFTER CHANGING THE BATTERY. PLEASE READ WARRANTY.

1. Place watch face down on a table, with MODE/LAP and STOP switches on left side and SET/START and LIGHT switch on right side.
2. Remove the 4 screws from back plate. (Diagram A)
3. Remove back plate. (Diagram B). Notice the rubber gasket around edge of case. If gasket comes out, handle carefully.
4. Release latch holding battery in place by inserting small screwdriver into groove. Bend it gently away from you to release the latch. (Diagram C)
5. Release battery by inserting small screwdriver into slot at the bottom left or right side of battery and popping up. (Diagram D)
6. Take out the battery. (Diagram E)
7. Put in the new battery. Positive (+) side must face down. (Diagram E)
8. Snap latch back into original position by gently pushing down with finger. (Diagram F)
9. Carefully replace rubber gasket.
10. Screw in the four screws holding the back plate. (Diagram A)



## WARRANTY AND REPAIRS CONTACT

Toll-free: **1-877-770-1116** MIO Watch Service Center  
Fax: **1-309-689-6543** 7501 N Harker Drive  
[www.miowatch.com](http://www.miowatch.com) Peoria, IL 61615

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service.



EU-DECLARATION OF CONFORMITY  
Physi-Cal Enterprises Inc. declares this Finger Sense Heart Rate Watch (MIO Lifestyle, Walk and Walk Pink) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

## 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. PHYSI-CAL 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. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL 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: MIO WATCH SERVICE CENTER, 7501N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1.877.770.1116 FAX 1.309.689.6543 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.

## CLASSIC SELECT SPECIFICATIONS

**12/24 hour clock** with **date** and **weekday**  
**Daily alarm**  
Chronometer/Stopwatch (CRN): **99:59.59**  
Calorie In (CAL IN): **4999**  
Calorie Out (CAL OUT): **4999**  
Calorie Target (TGT): **4999**  
Max Heart Rate Percentage: **99%**  
Max Readable Heart Rate: **199 BPM**  
Min Readable Heart Rate: **43 BPM**  
Backlight: **7 second display**  
Operating Temperature: **0°C to 40°C**  
Lens: **acrylic**  
Watchcase: **ABS**  
Caseback: **stainless steel**  
Strap: **polyurethane**  
Buckle: **stainless steel**  
Battery: **lithium type CR2032**  
Expected Battery Life: **1 year**

U.S. Patent #6,675,041 • Made in China.  
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water  
Resistance

**10  
meters**

**Do not push  
buttons  
underwater**