

# Xiaomi Mi Band 7 Activity Tracker User Manual

**MODEL: BHR6008GL**

Brand: Xiaomi

## 1. Introduction

Welcome to the user manual for your new Xiaomi Mi Band 7 Activity Tracker. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your device, ensuring you get the most out of its advanced features for health and fitness monitoring.





Figure 1: Front view of the Xiaomi Mi Band 7 Activity Tracker.

## 2. Setup

### 2.1. Unboxing and Initial Charge

Upon unboxing, ensure all components are present: the Mi Band 7 device, the magnetic charging cable, and this user manual. Before first use, fully charge the device. Connect the magnetic charger to the charging points on the back of the band. A full charge typically takes approximately 2 hours and provides up to 15 days of battery life under normal usage conditions.



Figure 2: Rear view of the Mi Band 7 with sensors and charging pins.

## 2.2. App Installation and Pairing

To utilize all features of your Mi Band 7, you must install the companion app. Scan the QR code displayed on the band's screen or search for "Mi Fitness" (or "Zepp Life" for alternative functionality) in your smartphone's app store. Follow the on-screen instructions to create an account and pair your

device via Bluetooth. The app will guide you through the pairing process, which may require accepting a binding request on the band itself.

## 2.3. Initial Configuration

During the app setup, you will be prompted to enter personal information such as date of birth, gender, height, and weight. Providing accurate data is crucial for the band to deliver precise health and fitness tracking results, including calorie burn, PAI scores, and sleep analysis.

Your browser does not support the video tag. Please update your browser.

Video 1: Official product video demonstrating unboxing, charging, and app pairing process for the Xiaomi Smart Band 7.

# 3. Operating the Mi Band 7

## 3.1. Display and Navigation

The Xiaomi Mi Band 7 features a high-resolution 1.62-inch AMOLED touchscreen. Navigate the interface by swiping up, down, left, or right. Swiping down typically reveals notifications, while swiping left or right accesses various widgets and quick functions. Swiping up from the watch face usually opens the main menu with a list of applications.



Figure 3: Side profile of the Mi Band 7.

### 3.2. Health Monitoring

- **Heart Rate Monitoring:** The band tracks your heart rate 24/7 and provides precise reviews in easy-to-read graphs within the app. It can alert you if your heart rate falls outside safe zones.
- **Blood Oxygen (SpO<sub>2</sub>) Monitoring:** Monitors your blood oxygen saturation levels. The band will vibrate to alert you if your blood oxygen level is too low (<90%). Note that SpO<sub>2</sub> measurements require you to be still.

- **Sleep Quality Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and REM phases, providing detailed statistics in the app to help you understand and improve your sleep quality.
- **PAI (Personal Activity Intelligence):** A comprehensive health assessment system that converts heart rate data into a single, personalized score, encouraging you to maintain a certain level of activity for optimal health.

### 3.3. Sports Modes

The Mi Band 7 supports over 110 sports modes, allowing you to track a wide variety of activities. Common modes include outdoor running, treadmill, walking, cycling, pool swimming, yoga, and more. The band tracks metrics such as burned calories, heart rate changes, and workout durations for each mode.

### 3.4. Other Features

- **Music Control:** Control music playback on your connected smartphone directly from the band.
- **Alarms:** Set and manage alarms directly from the band or through the app, including a 'smart alarm' function that wakes you during a lighter sleep stage.
- **Stopwatch & Timer:** Basic timekeeping functions.
- **Find My Phone:** A convenient feature to locate your paired smartphone by making it ring.
- **Watch Faces:** Customize your band's appearance with numerous pre-installed and downloadable watch faces.

## 4. Maintenance

- **Cleaning:** Regularly wipe the band and sensors with a soft, damp cloth to remove sweat and dirt. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The Mi Band 7 has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for pool swimming and snorkeling, but not for hot showers, saunas, or diving.
- **Charging:** Always ensure the charging pins are clean and dry before connecting the magnetic charger. Avoid exposing the band to extreme temperatures during charging.

## 5. Troubleshooting

- **Connectivity Issues:** If the band loses connection with your phone, ensure Bluetooth is enabled on your phone and the band is within range. Try restarting both devices and re-pairing through the app.
- **Inaccurate Readings:** Ensure the band is worn snugly but comfortably on your wrist, about one finger's width above the wrist bone. Clean the sensors regularly. For blood oxygen measurements, remain still.
- **Battery Draining Quickly:** Excessive use of features like continuous heart rate monitoring, frequent notifications, or always-on display can reduce battery life. Adjust settings in the app to

optimize battery performance. The band does not have an automatic brightness sensor, so manual adjustment is required.

- **Band Not Responding:** If the band becomes unresponsive, try connecting it to the charger. If it still doesn't respond, contact customer support.

## 6. Specifications

Feature	Specification
Item Weight	0.494 ounces
Item Model Number	BHR6008GL
Batteries	1 A batteries required. (included)
OS	iOS 10
RAM	8
Wireless Communication Technologies	Bluetooth
Connectivity Technologies	Bluetooth
GPS	No GPS
Special Features	Sleep Monitor, Blood Oxygen Monitor, Activity Tracker, Heart Rate Monitor, Water Resistant
Display Technology	AMOLED
Human Interface Input	Touchscreen
Scanner Resolution	192*490
Battery Power Rating	180 Milliamp Hours
Manufacturer	Xiaomi
Date First Available	June 1, 2022
Weight	14 Grams
Standing Screen Display Size	1.62 Inches
Memory Storage Capacity	12 GB
Battery Capacity	180 Milliamp Hours

Feature	Specification
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
Shape	Heart
Screen Size	1.62 Inches

## 7. Warranty and Support

For warranty information, technical support, or service inquiries, please refer to the official Xiaomi website or contact their customer service directly. Keep your purchase receipt as proof of purchase for warranty claims.

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