Manuals+ — User Manuals Simplified.

fastrack Reflex 2C Unisex Activity Tracker User Manual

Contents

Fastrack Reflex 2C Unisex Activity Tracker

How to Get Started

- Install the Fastrack Reflex World app on your phone
- Browse through the features Or Skip to Sign Up

Permissions

- 🌐 Internet ⌄
- ((●)) Bluetooth ⌄
- ◉ Location ⌄
- 🔔 Smart Notifications ⌄
- ✎ Phone ⌄

✓ I have read and accept the T&C.

Accept

Battery Optimization

📱 **Battery Optimization**

Battery optimization may disable the app in background. if this happens, call and message notifications will not be displayed on the band. Please ensure battery optimization is disabled for this app to ensure you receive all the notifications on the band.

Disable

Skip this step

- Accept the T&C Give necessary permissions
- Disable Battery Optimization Or skip this step
- Enter your Mobile number Press continue
- Enter the OTP received Complete the signup

Tell us your mobile number and let's get you registered

📱

+91 | Mobile Number

Continue

‹

Enter OTP

Enter OTP for the number:+919972633093

Resend OTP

○ ○ ○ ○

Continue
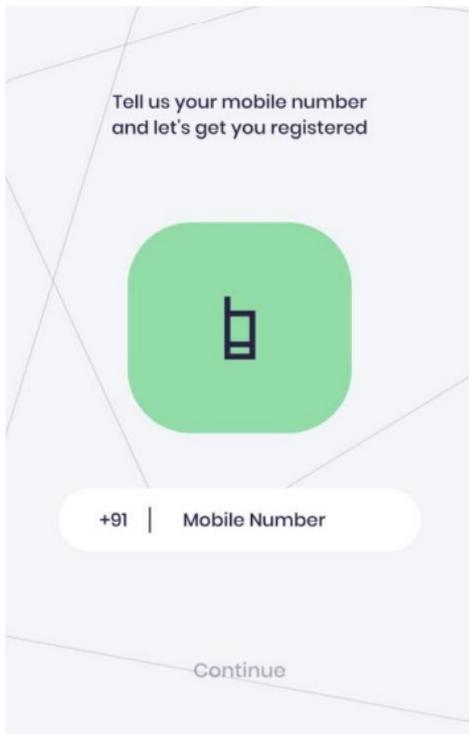
Charging the Band

- Detach the capsule from the strap from the Touch button side to unveil the USB port. Plug it into a USB Port (adaptor or laptop/PC) to charge.
- The face of the band should be downwards so that the charging contacts are facing upwards.

Pairing the Band
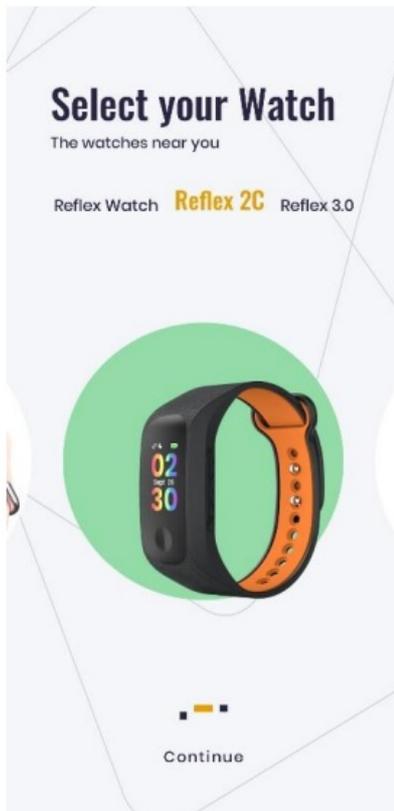
- Searching the Band
- The app will automatically start searching for your band
- Select the Band and Confirm OTP
- Choose your band and enter the OTP displayed on the band to complete the pairing process
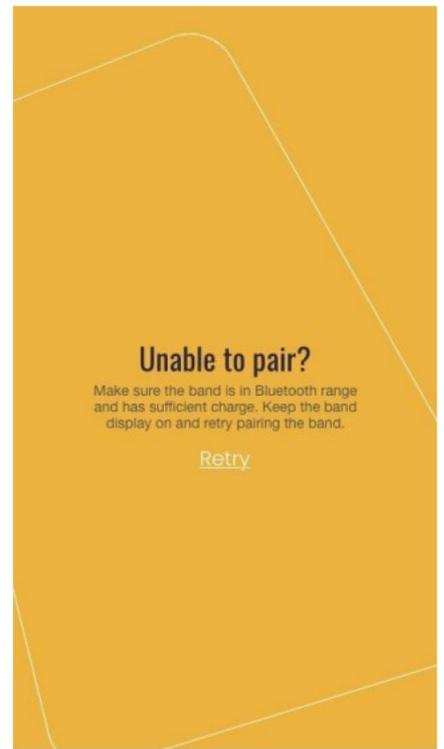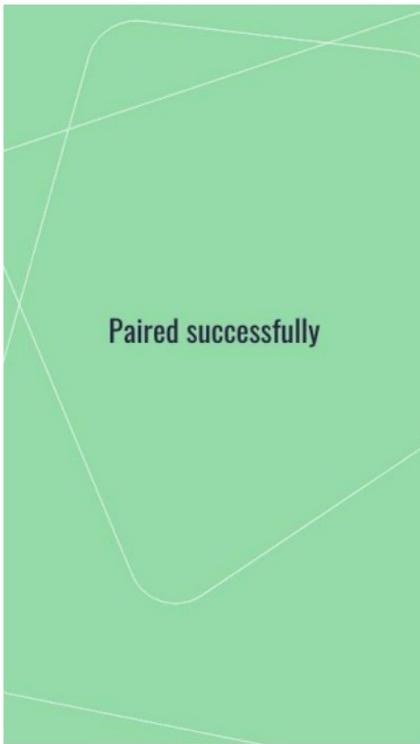
- **Paired Successfully**

  Your Band is now connected please follow the on-screen instructions and set up your profile.

- **Unable to Pair**

  Check if Bluetooth and Location are turned on in your phone settings and try again

Setting Up Your Profile

Enter your correct & up-to-date details so your activity-related metrics such as Distance Covered, Calories Burnt, etc. are calculated accurately.
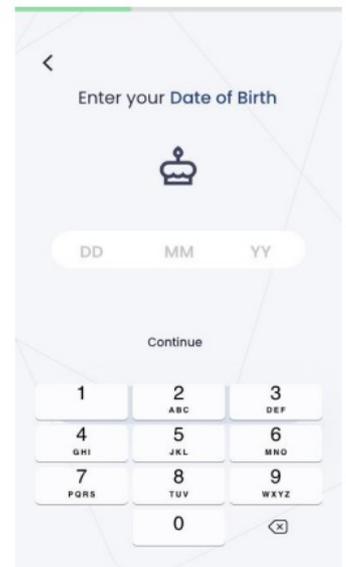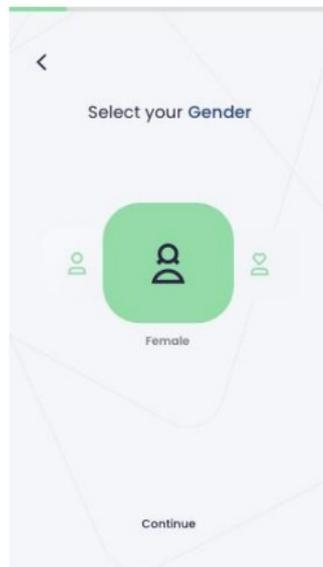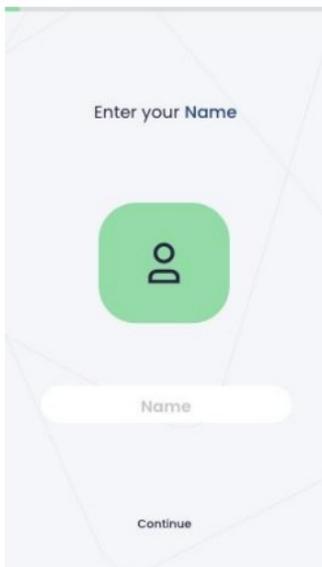
- Enter Your Name
- Select Your Gender
- Enter Your DOB
- Input Your Height
- Enter Your Weight
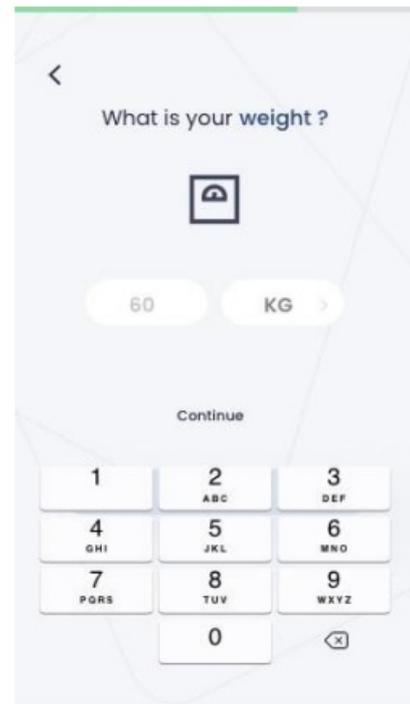
- The app also lets you enter the number of hours you wish to sleep for and the number of steps you aim to take in a day.
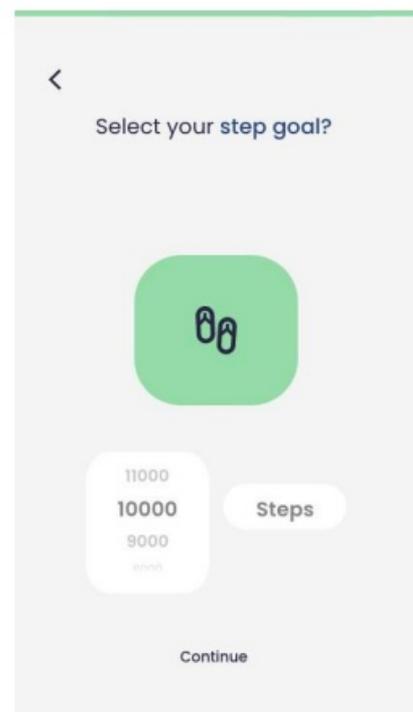
- Enter Your Sleep Goal
- Enter Your Step Goal

Application Dashboard
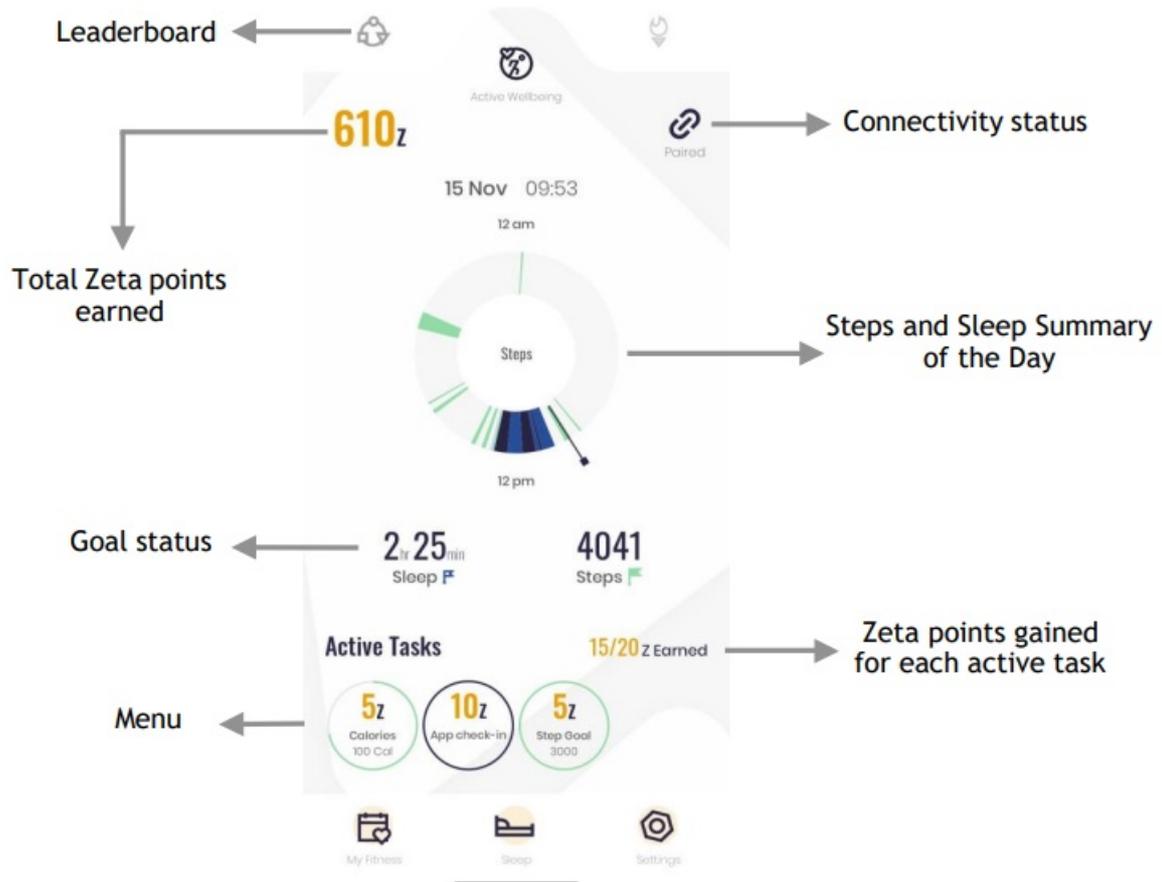
- **Leaderboard**

Reflex 2C ranks all its users based on their Zeta scores. Check your rank by tapping the Leaderboard icon.

Application Settings

Reflex 2C
Bengaluru

Turn on notifications: This will enable alerts on your watch
Turn Off Notifications   All Apps

Settings

Menu Item	Description
Step Goal >	Set Step & Sleep Goals
Sleep Goal >	
Find your Watch >	Locate Band Access
DND >	Do Not Disturb Mode
Alarm >	Set or edit Alarm
Lift to view >	Auto-on Band screen
Sedentary Alert >	Set interval for Sedentary Alert
Auto Sleep >	Auto Sleep ON/OFF
Unpair >	Unpair phone & Band
Update Watch >	Update Band
Unit System >	Change Unit System
Report Error >	Report Error
Google fit >	Connect to Google fit
About Reflex >	
Battery Optimization >	Change Battery Optimization settings

Notifications: Access and Customisation

Tap here to turn Notifications On/Off

Mojo Jojo
Bangalore,Karnata

Turn off Notifications

All Apps

Settings

Goals	>
Band Layout	>
Lift to view	>
Sedentary Alert	>
Auto HR	>
Unpair	>

All Apps   ✕

3) Facebook
4) Instagram
5) LinkedIn
6) Messenger
7) Twitter

Save Changes
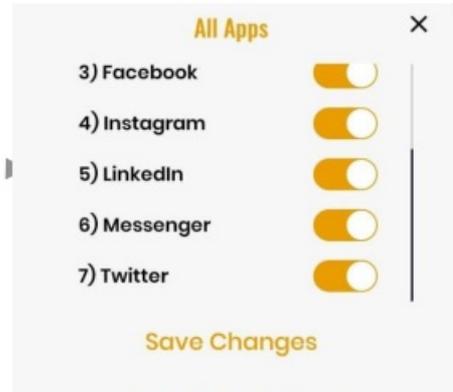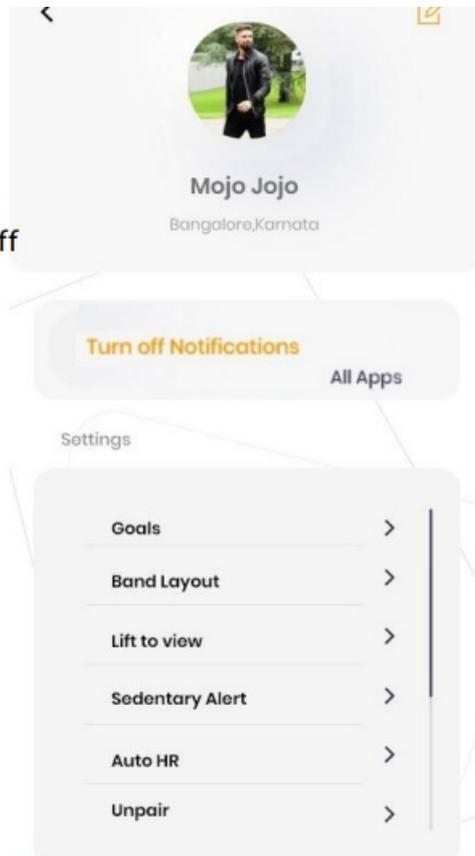
Enable Or Disable Notifications for Any App

Note: If the Notification setting (time frame) is set for a duration, say from 7 am to 7 pm, then it bypasses the individual notifications like Sedentary Alert.

Fastrack Reflex 2C: Features

My Fitness
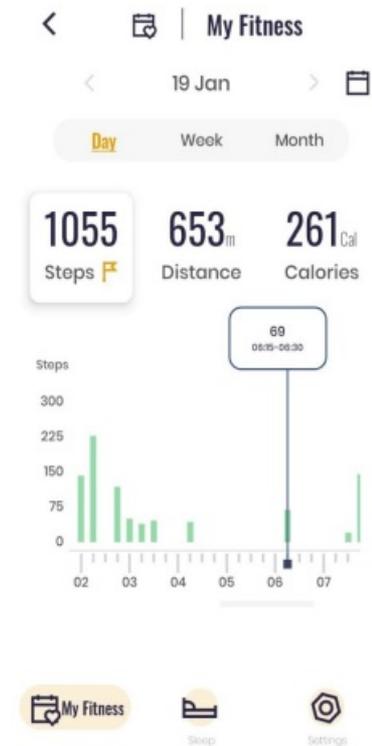
- **My Fitness**

  Go to the Home screen and tap the Touch button once to view your data for Steps, Calories, and Distance

- **Access Data on App**
  Detailed daily/monthly/weekly trends of your activity metrics can also be viewed on the app

Find My Phone

This feature helps you locate your phone using the band and vice-versa if you misplace any one of them.
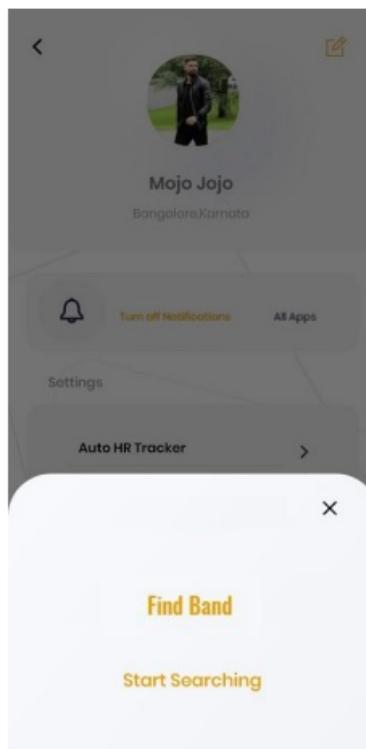
- **Find My Phone**
  Go to "Phone Finder" from the home screen and long-press the touch button. You'll hear a beeping sound leading you to your phone
- **Find My Band**
  Choose "Find Band" from the settings section to locate your band. This will make your Band vibrate
- **Note:** This feature requires an active connection between the Reflex 2C band and your phone.

Sedentary Reminder

This feature reminds you to move when you have been sitting for too long.
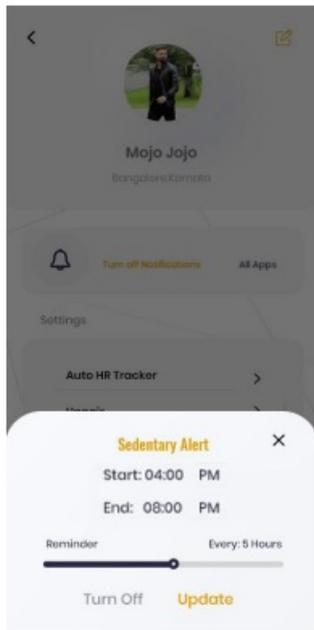
- **Customize Alert**
- Go to the app's Settings and click on
- Sedentary Alert". The app gives you the option to select the duration after which you wish to be alerted
- **The band gives an Alert**
- You will get a 10-sec alert every time you have been sitting for a period longer than the chosen duration

Music

- **Access Music**
- Tap the touch button twice from the Home screen to reach the Music section.
- Long press the button to control music
- **Play/Pause/Next**
  Single-tap the touch button to play/pause music. Double-tap to play the next song

Time

- The Reflex 2C Band can display time in both the 12 and 24-hour format. You can go to the watch icon and set your preference.

Camera Control
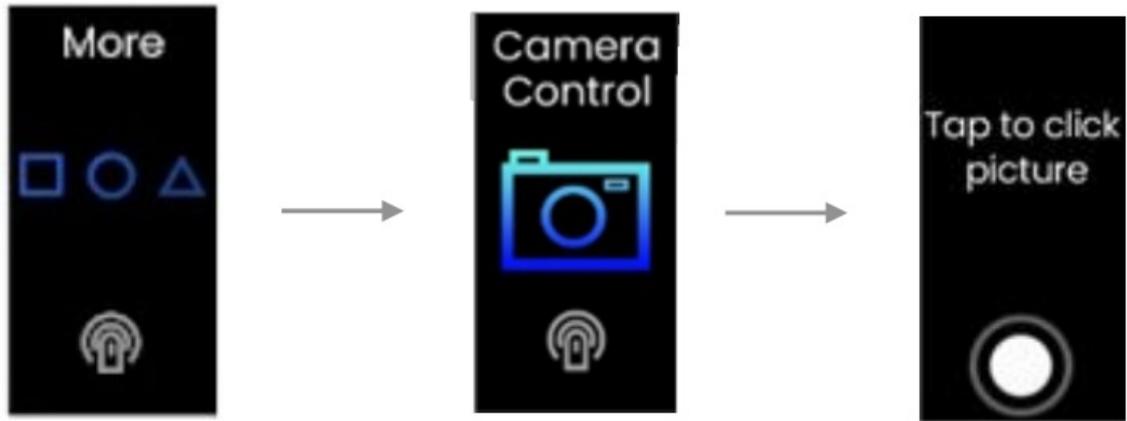
- **More Options**

  From the home screen, tap the Touch button till you reach more Options screen

- **Open Camera**

  Long press the touch button to open the camera app on your phone

- **Take a Picture**

  Tap the touch button on your band to take a picture

Lift to View

To conserve battery, the band screen turns off if you haven't been using it for some time. Once you move your hand up to see the time or use your band, the screen turns back on automatically.

Sleep Monitoring

Record your Sleep

- To activate Sleep mode, go to the Sleep screen and long-press the touch button. Your sleep will start getting recorded.
- Once you wake up, long-press the touch button again to stop recording. The quality and duration of your sleep will be indicated on the band.
- In Sleep mode, your band will not show any notifications.
- **Access Data on App**
  Your Sleep Score and daily/weekly/monthly sleep trends can be viewed on the Reflex World app
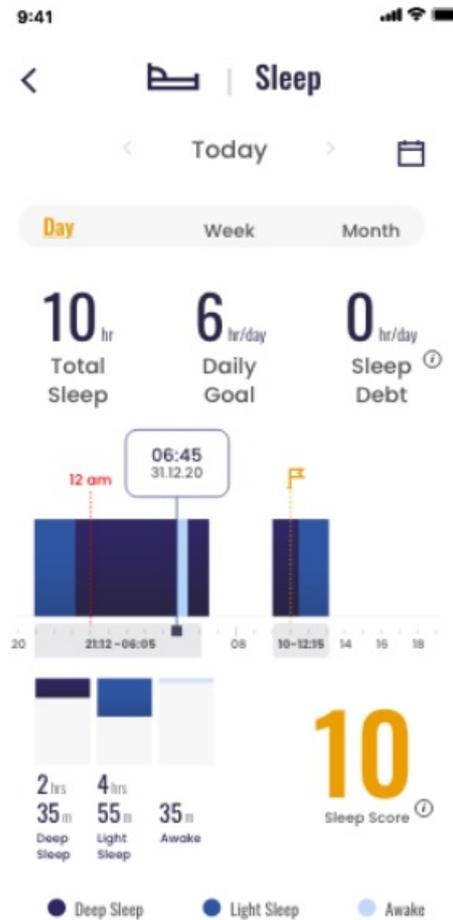
Call, Text, WhatsApp & Other Social Notifications
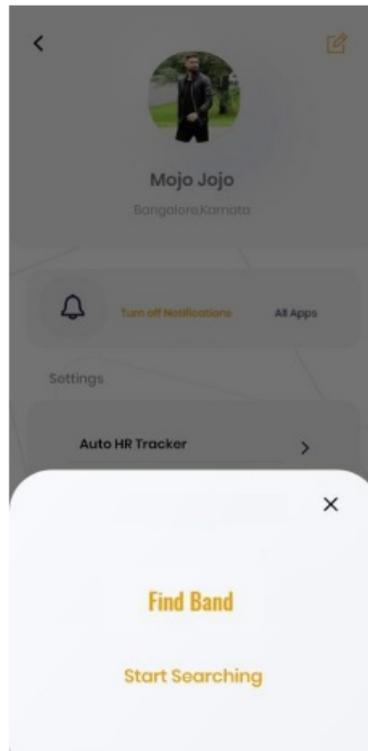
- Any incoming call or text on your phone gets displayed on your band too.
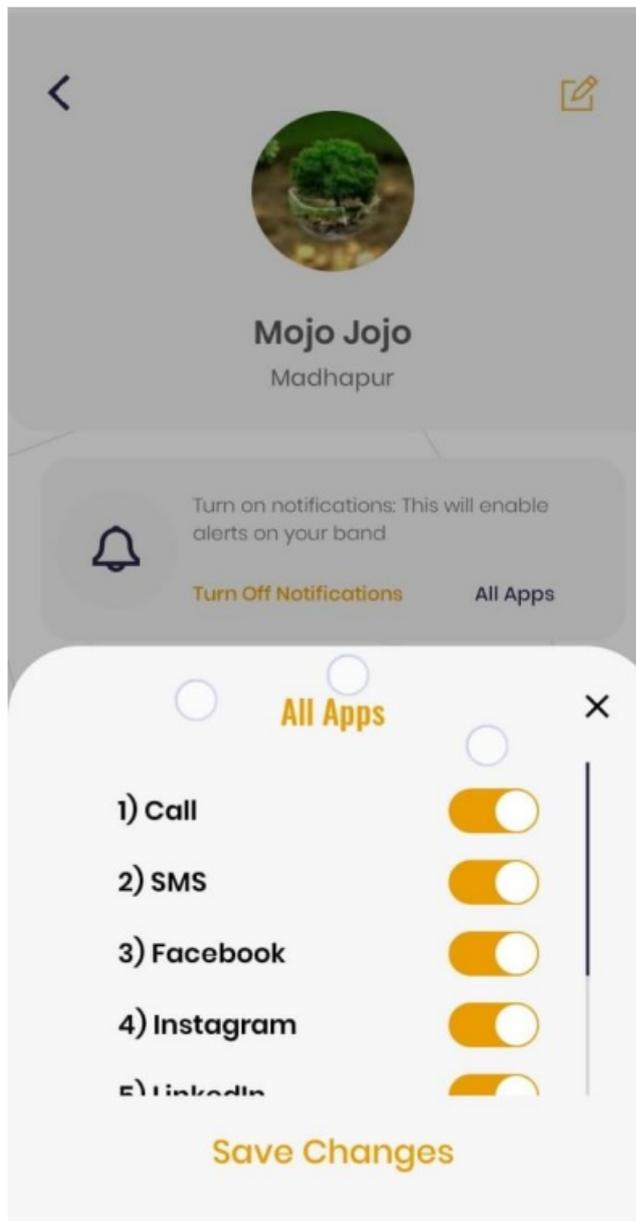
- To go back to the home screen, tap the touch button.
- In case of no activity for more than 10 seconds, the band automatically returns to the Home screen.
- **Enable/Disable Notifications**

  Using the Reflex World app, you can turn on/ off all notifications at once or individually for any app

Alarm
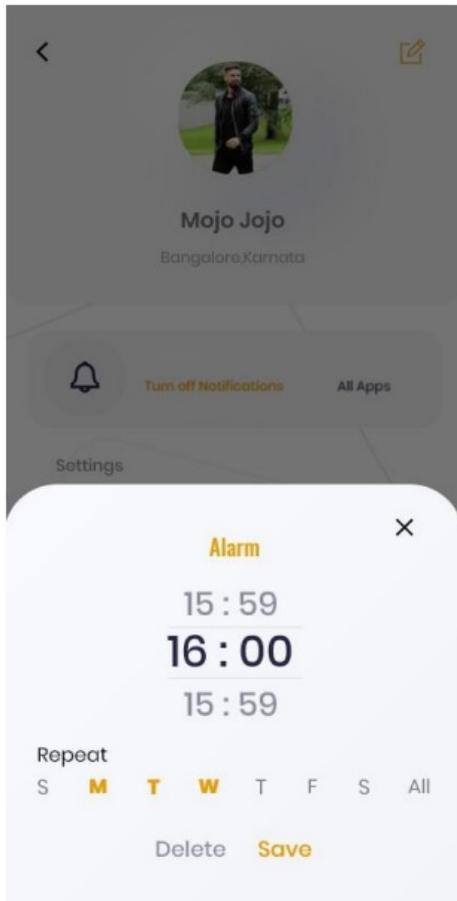
- **Set Alarm from the App**

  Go to app settings, tap "Alarm" and input the day and time
- **The band gives an Alarm**

  The band will vibrate at the scheduled time for 15 secs. You can snooze the alarm thrice. This will make the band vibrate again after 5 mins

Band Faces

The Reflex 2C Band comes with 3 pre-loaded band faces. To choose anyone from these options, tap and hold the Touch button on the home screen.

Device Specifications

S.NO	FASTRACK REFLEX 2C	FEATURE	SPECIFICATION
1		Display	0.96″ TFT
2		Touch	Single Touch Button
3	Band	Case Material	PC
4		Strap	TOP
5		Connectivity	Bluetooth 4.2
6	Sensors	Sensors	3 Axis Accelerometer
7		Feedback	Vibrator
8		Battery Type	Li-Polymer Rechargeable
9	Battery	Battery Capacity	70mAh
10		Battery Life	Up to 7 days
11	Water Resistance	Rating	IPX6
12	Compatibility	Phone OS	iOS 13.2 and above Or Android 8.1& above
13	Data Storage	No. of Days	Up to 1-day data

Troubleshooting

- For common issues related to the band, please follow the instructions below:
- Unable to Switch on the Band

- Press and hold the touch button for 3 seconds. If it still doesn't start, please charge the Band.
- Automatic Shutdown
- In case of low battery power, please charge the band.
- If the problem persists, please contact our authorized dealers.

FAQs

- **Q: What does the Lift to view feature do?**
- **A:** This feature helps you conserve the battery of your band. The band screen automatically turns off after you haven't used it for a while. Once you move your hand back up, it automatically turns on again.
- **Q: How many band faces does the Fastrack Reflex 2C Band offer?**
- **A:** The band comes with 3 pre-loaded band faces.
- **Q: How does the band measure sleep quality?**
- **A:** The Reflex 2C band categorizes your sleep into 3 buckets – Deep Sleep, Light Sleep, and Awake time. Based on the number of hours recorded in each bucket, you also get an overall Sleep Score.
- **Q: What can I do in case I misplace my band?**
- **A:** You can go to the Fastrack reflex world app > settings and click on 'Find Watch'. Your band will start vibrating.
- **Q: Can I use my band to find my phone too?**
- **A:** Yes. In such a case, you can go to 'Phone Finder' from the home screen of your Band, and press 'start'. Your phone will be beeping.

FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
    1. This device may not cause harmful interference.
    2. This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
   NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.
   This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
   If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna. Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Disclaimer

Note on the accuracy of Fitness
Fitness Bands like Fastrack Reflex 2C are intended to be tools to provide you with information on your lifestyle and training performance and to encourage an active and healthy lifestyle. The Band relies on sensors that track your movement, sleep, and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including the steps, distance, calories, etc. P.S. – Accurate user data (height, weight, gender, and age) information improves the accuracy of the algorithms that process the activity data. The Fastrack Reflex 2C Band is not a medical device and the data should not be used for medical purposes like diagnosis, treatment, cure, or prevention of any physiological conditions. We recommend you consult your doctor before engaging in any exercise routine.

Documents / Resources

fastrack USER MANUAL	**fastrack Reflex 2C Unisex Activity Tracker** [pdf] User Manual Reflex 2C Unisex Activity Tracker, Reflex 2C, Unisex Activity Tracker, Activity Tracker, Tracker