How to Install and Use Jawbone UP 3 Fitness Band

After Unboxing the Product, It comes with a Magnectic USB Dongle that connects under the band.

Unbox the Unit from the Box and The Dongle which has connects to the Device Under the lock as a chip (Magnetic)

Install the App (Downloads the App from The App Store which is the Purple Icon) on your Android or Iphone and let it begin searching for the Unit to be able to PAIR the Unit.

Once the Pairing is complete, there is a Software Update Required (please ensure you have a signal / wifi), update the Software

Please go through the steps of customizing the Sleep pattern Setting, Activity Monitoring Setting, Reminders, Logging your sleep and amount of time,

A whole tutorial Video can be found on:
https://www.youtube.com/watch?v=JbAQteZwN_w&ebc=ANyPxKqkIEC4zqvaGd8UH6s2LvUD8gcAy-HaNkfblvSh1IdH_ClnfJU7btq2bX8kGteKBmQwFuBIPF6DSgzmClomhKPmEESniA