



MYKRONOZ ZeFit3 Activity Tracker Instruction Manual

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ZeFit³

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OVERVIEW



1. TOUCHSCREEN

2. CHARGING TERMINALS

WAKE THE DEVICE

- | Double tap the touchscreen
- | ZeFit³ screen turns off when not use

EXIT A MENU

- | Double tap the touchscreen

MOVE BETWEEN SCREENS

- | Swipe left or right (horizontal mode) up or down (vertical mode)



To ensure ZeFit³ is responding accurately to your taps, we recommend using your fingertip and not your nail.

1. CHARGING



Charge ZeFit³ for two hours before your first use.

1. Put ZeFit³ on the magnetic charging dock
2. Make sure the pin on the charging dock fit correctly onto the charging terminals on the back of ZeFit³
3. Plug the small end of the USB cable provided into the charging's dock USB port
4. Plug the big end of the USB cable into a power source
5. A battery indicator will fill to indicate charging is in progress. Once ZeFit³ is charged, the battery indicator will be full



A full charge takes 1:30 hour. When the battery level gets low, a battery indicator will appear.

2. PAIRING

The first time you use ZeFit³, a **SET UP** message will prompt you to set up your ZeFit³ using a mobile device.



GET ZeFit³ APP

To set up your ZeFit³ using your mobile device, you first need to get ZeFit³ App. Search for **ZeFit³** App in the App store, Google Play or Windows Phone store, download and install the App on your mobile device.



System Requirements		
iOS	Android	Windows Phone 8.1+
iOS 8+ devices with Bluetooth 4.0 BLE iPhone 4s, 5, 5c, 5s, 6, 6 Plus, 7 and newer, iPad (3 rd , 4 th and 5 th gen) iPad Mini, iPod touch (5 th gen)	Select Android 4.3 + devices that support Bluetooth 4.0 BLE	Select Windows Phone 8.1+ that support Bluetooth 4.0 BLE
Visit www.mykronoz.com to get the latest compatibility list		

1. Enable Bluetooth on your mobile device

2. Open ZeFit³ App on your mobile device. **Sign up** if you are a new member or **Log in** with your existing account.
After entering your personal information, tap **Set up**
3. Make sure ZeFit³ is nearby and select ZeFit³ in the list of devices
4. You will receive a pairing request on your mobile device. Press **Pair** to accept it
5. Then, a pairing request will appear on your ZeFit³ display Tap on your ZeFit³ to accept the pairing 
6. When ZeFit³ is successfully paired, you will be notified on ZeFit³ and on your mobile device's screen 

i If pairing fails, repeat the same steps. Pairing is a one-time process. If you want to pair ZeFit³ with another account, you first need to unpair it from the current one. Open ZeFit³ App, go to Settings > Connect ZeFit³ > Unpair ZeFit³. Tap Connect ZeFit³ to pair a new device

3. WEARING



ZeFit³ has a removable wristband and is adjustable to fit different wrist sizes.

1. Pop ZeFit³ tracker unit into the wristband
2. Place ZeFit³ around your wrist and put the clasp pin inside the hole
3. Press a few times to ensure the pin is fully inserted and that ZeFit³ is securely fastened

i To get the most accurate data, we recommend wearing ZeFit³ on your non-dominant hand and not too loose.

4. DISPLAY

Homepage 24h Homepage 12h Pairing request



Successful pairing

Syncing

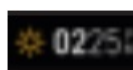
Upgrading



Sleep mode

Activity mode

Full memory



Anti-lost alert

Incoming call

Low power



i ZeFit³ App will automatically sync the time and date of your paired mobile device. You can set your preferred time and date format manually in the Settings tab of ZeFit³ App. Make sure you keep the device charged to avoid the time being reset

5. ACTIVITY

ZeFit³ tracks the number of steps taken, distance travelled and calories burned throughout the day. You can view your daily activity in real-time on ZeFit³ by swiping left or right (horizontal mode) up or down (vertical mode) on the touchscreen.

STEPS	DISTANCE	CALORIES

You can also monitor your activity data and history from the Activity tab of ZeFit³. On the main activity screen, you can check your performance level against your daily goals. Click on any activity bar to get a detailed graph of your daily, weekly and monthly performance.

i ZeFit³ shows daily data. The activity tracker resets at midnight. To upload your latest activity data, go to the Activity tab and slide your finger down the screen.

6. SLEEP

ZeFit³ tracks the hours slept and the quality of your sleep (light sleep, deep sleep, awake times)

| START / EXIT SLEEP MODE

From the device, enter the Apps menu and tap on the Sleep icon. To enable sleep mode from the sleep interface, long press the display until ZeFit³ gently vibrates and a sleep icon appears. To exit sleep mode and switch to activity mode, repeat the same steps.

| PRESET SLEEP

Open ZeFit³ App > Go to **Settings** > **Advanced Settings** > Click on **Preset sleep** to enter your desired bed and wake up times. By default, ZeFit³ will track your sleep from 11pm until 7am.

i If you forgot to activate sleep mode, you can manually add sleep logs in ZeFit³ App. Open ZeFit³ App, tap on the bottom purple sleep bar, click on “...” at the top > Add sleep.

7. GOALS

Tap the **Goals** tab of ZeFit³ App to set daily goals for steps taken, distance travelled, calories burned and hours slept. On the Steps screen of your ZeFit³, a progress bar will show how close you are to your daily goal.

Once you hit one of your daily goal, ZeFit3 will gently vibrate and display a Goal achieved icon



8. REMINDERS

Tap the **Reminders** tab of ZeFit³ App to add daily life reminders. You can set up to 6 daily reminders, and choose the type of reminder and preferred time and day. ZeFit³ will gently vibrate and display the corresponding reminder icon to alert you. A single tap on your ZeFit³ can dismiss the reminder. If not dismissed, the same alert will repeat after two minutes.

9. NOTIFICATIONS

ZeFit³ shows notifications of incoming and missed calls, SMS, email, social media activity, calendar events and anti-lost alert*. Open ZeFit³ App, tap **Settings** > **Notifications** to select the notifications you want to receive onto your ZeFit³. If you wish to disable certain notifications, swipe the selection button to the left. A single tap on your ZeFit³ can dismiss the notification. If not dismissed, the notification will reappear next time you wake up the screen.

Setting up notifications for iOS users:

- | Go to "Settings" of your iOS device
- | Tap "Notification Center"
- | Select which type of notifications you wish to receive on ZeFit³
- | Enable "Show in Notification Center" to receive the notification on ZeFit³



Caller ID supports latin character only. For more languages support, please visit www.mykronoz.com/support/. *Windows Phones may not support those features, please visit www.mykronoz.com/support/ for more information.

10. APPS

Several applications can be found in this menu:



(1) **Camera remote**: To enjoy this feature, first, make sure ZeFit³ is connected to your smartphone via Bluetooth. Then, open ZeFit³ mobile app, click on the Settings tab > tap Camera to launch your smartphone's camera. Enabling Camera Remote function will let you take pictures remotely from your ZeFit³ by a single tap on the camera icon.

(2) **Music control**: To enjoy this feature, make sure ZeFit³ is connected to your smartphone via Bluetooth. Enabling Music control will let you play / pause the current song streamed on your smartphone, choose the previous or next

song.

(3) **Sleep**: see Sleep section of this user manual

(4) **Watch faces**: Swipe left or right (horizontal mode) up or down (vertical mode) to go through the different watch faces available and tap on the one you want to select and use;

(5) **Find my phone**: To enjoy this feature, make sure ZeFit[®] is connected to your smartphone via Bluetooth. Enabling Find my phone function will make your phone ring and help you find it.

(6) **Timer**: From the timer interface, single press to start the timer, double tap to stop.

11. SETTINGS

Several applications can be found in this menu:



(1) Screen orientation: select either vertical or horizontal display

(2) Vibration

(3) Brightness

(4) Watch info

(5) Bluetooth

(6) Battery level

12. TECH SPECS

Size & Circumference	47.5 x 20 x 9 mm
	Min: 159 mm
	Max: 194 mm
Weight	18 g
Bluetooth	4.0 BLE
Bluetooth operating range	Up to 5 meters
Battery type	Li-ion 80mAh
Battery life	Up to 5 days
Charging time	1 to 2 hours
Memory	5 days of activity
Display	TFT color touchscreen 1.06 inches/ 160*64 pixels
Sensor	3-axis accelerometer
Operating temperature	-20°C to +40°C
Water resistance	IP67
International warranty	1 year

WARNING

| Connecting the charging cable improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty. Unplug the cable after ZeFit³ Pulse is fully charged.

| ZeFit³ Pulse unit and charging dock contains strong magnets that may interfere with pacemakers, credit cards, watches and other magnet-sensitive objects. If you use a pacemaker or any other electronic medical device, please consult your physician before wearing or handling ZeFit³ Pulse

| This product is not a medical device and should not be used to diagnose or treat any medical condition.

| This product is in compliance with the IP rating IP67. IP67 indicates that the product is resistant against dust ingress and water ingress up to 1 meter of submersion in still tap water at room temperature, for a maximum duration of 30 minutes

ABOUT THIS MANUAL

The features of ZeFit³ Pulse and the contents of the user manual are subject to change.

To get the latest instructions on how to use this product, please refer to the online user manual available on

www.mykronoz.com

SUPPORT

If you have any question or require assistance regarding our product, please visit www.mykronoz.com/support/ or email us at support@mykronoz.com

SAFETY INSTRUCTIONS

Before using the device, read these instructions carefully.

| ZeFit³ has one built-in battery. Do not disassemble the battery on your own. KRONOZ LLC is not responsible for any damage or personnel injury caused by the removal of the battery or any component.

| This device is not waterproof so keep it away from all sources of heat or humidity. Do not use it near sink or other wet areas. Do not immerse the product in any liquid other than water. Do not immerse the product in salt water. Do not swim wearing this product. Do not use the product underwater.

| Charge the battery in a cool, ventilated room. Excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion.

| Avoid excessive temperatures. Do not expose this device to excessive smoke, dust sand, or direct sunlight for an extended period of time.

| Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the areas with water (do not rub the eye) or seek medical help.

| Do not short-circuit. Short-circuiting can occur when a metallic object, such as coins, causes direct connection of positive and negative terminals of the battery. Short-circuiting may damage the battery.

| Do not use batteries that have been damaged or have been exhausted.

| Keep the batteries out of children's reach and in a safe place to prevent danger.

| Do not dispose of batteries in fire as they may cause explosion. Dispose of used batteries in accordance with your local regulations (such as recycling). Do not dispose as household waste.

| Use only the USB cable supplied to charge this battery. Do not charge for more than 24 hours.

| KRONOZ LLC is not responsible for any damage caused by improper use of the device.

REGULATORY NOTICES

USA



FCC STATEMENT

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, and (2) This device must accept any interference received, including interference that may cause undesired operation.

CAUTIONS

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC NOTICE

This equipment complies within the limits of a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against radio and TV interference in residential areas. However, even during normal operation, this equipment may cause TV or radio interference. 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 one or more of the following corrective measures:

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

FCC ID: 2AA7D-ZEFT3

CANADA

INDUSTRY CANADA (IC) STATEMENT

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

IC: 12131-ZEFT3

EUROPEAN UNION



CE DIRECTIVE

Declaration of conformity with regard to the EU Directive 1999/5/EC.

Kronoz LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directive 1999/5/EC. The complete declaration of conformity is available on request via our customer service: support@mykronoz.com



DISPOSAL AND RECYCLING INFORMATION

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies: Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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Designed in Switzerland – Made in China

「
SCAN FOR MORE LANGUAGES」



OR VISIT

<https://www.mykronoz.com/support/>

TO DOWNLOAD OUR MULTI-LANGUAGE USER MANUAL



www.mykronoz.com

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Documents / Resources



MYKRONOZ ZeFit3 Activity Tracker [pdf] Instruction Manual
ZeFit3, Activity Tracker, ZeFit3 Activity Tracker

References

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