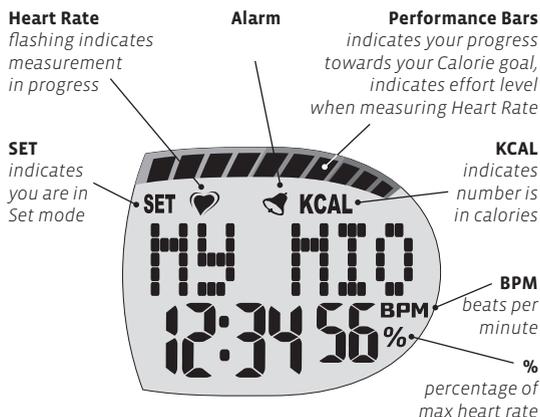


User's Guide

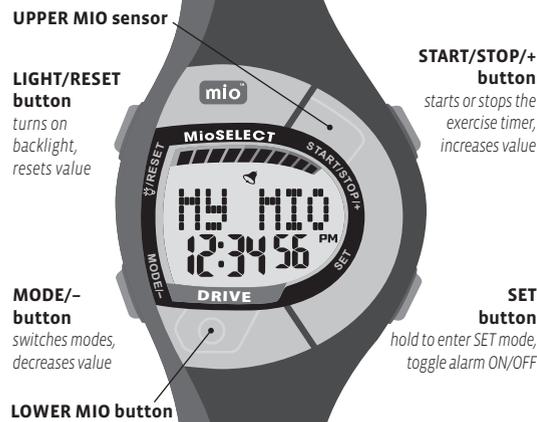
- ECG accurate heart rate without a chest strap
- Calculate calories burned using personal data
- Personalized percent of maximum heart rate display
- 3500 Calorie Countdown mode



A. MIO DRIVE AT-A-GLANCE

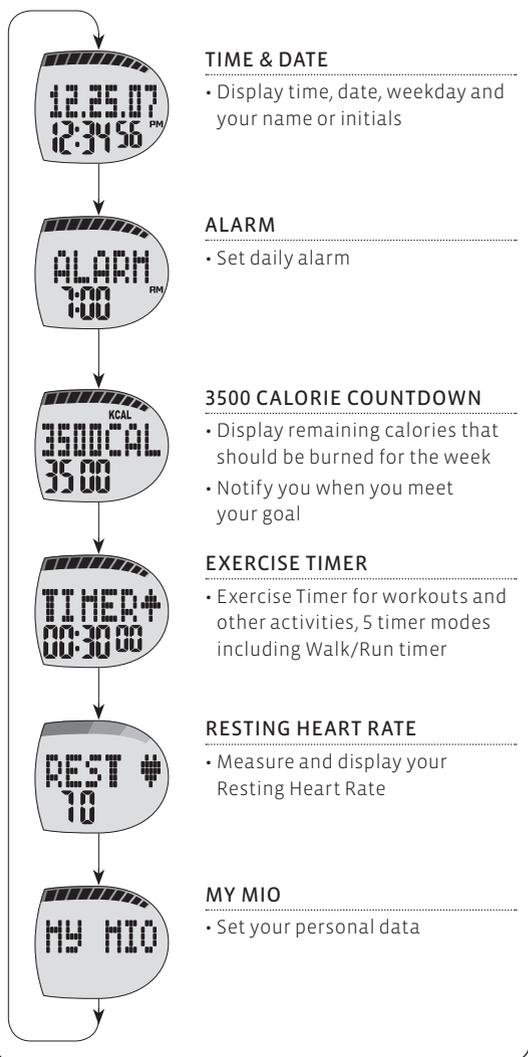


To use light: Press the LIGHT button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



B. MODES OF OPERATION

Press MODE to move to the next mode.



D. WAKING UP YOUR MIO

Your MIO may be in sleep mode (with a blank display) when you first receive it.

- Hold START until you see blinking 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
 - Press + or – to toggle the format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to move to next setting.
- Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press SET to finish START UP.

E. SET TIME & DATE

Display shows Time, cycling through NAME, DATE, and WEEKDAY automatically. To change TIME and DATE:

- Hold SET until beep (2 seconds). 12H or 24H blinks.
- Press + or – to toggle the TIME & DATE format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to set HOUR.
- Press + or – to select HOUR. To scroll quickly, hold + or –. Press SET.
- Do the same to select MIN.
- To reset seconds to zero press + or –. Otherwise press SET to move to next setting.
- Use + or – then SET to adjust YEAR, MONTH, DAY.
- To stop making changes at any time, hold SET for 2 seconds.

F. SET MY MIO

MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations.

- Press MODE 5 times to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds).
- The first letter of NAME will blink. Use + or – to adjust. To scroll quickly, hold + or –. Press SET to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- To stop making changes at any time hold SET until beep (2 seconds).

To return to TIME, press MODE.

G. SET ALARM

- Press MODE once to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON press the SET button.
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use +/- to adjust the HOUR, press SET, use +/- to adjust the MINUTE, then press SET. To scroll more quickly hold the + or –.
- Alarm icon will show if the ALARM is on.
- Hold MODE for 2 seconds to return to TIME mode.

I. SET RESTING HEART RATE

C. QUICK TIPS

SHORTCUTS

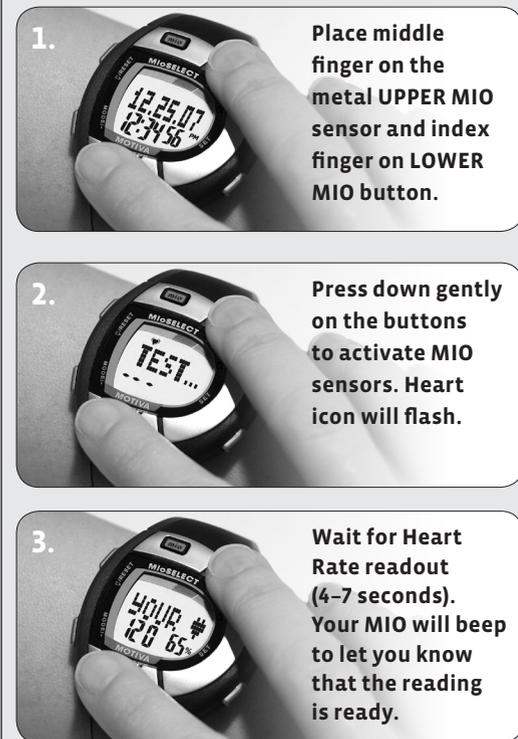
- To return to TIME from any mode, hold MODE for 2 seconds
- To go directly to EXERCISE TIMER from any mode press the START button
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds

SET MODES

Whatever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 seconds)
2. Value you are setting will flash
3. Press + or – to adjust the value
To scroll automatically, hold + or –
4. When value is adjusted, press SET again
5. Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the SET mode.

H. TAKING YOUR HEART RATE



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 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 finger pads and 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 and your arm. Do not press too hard on sensors.
2. 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).
3. To optimize readings, occasionally clean the back of your MIO case and the metal UPPER and LOWER MIO sensors with a clean soft cloth.

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 4 times to go from TIME to RESTING HEART RATE. Your most recent RHR will display.
- Place two finger pads on the MIO Sensors as described in Section H. Heart icon blinks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 2 times.

J. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMER or press MODE 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO (suitable for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TMR ↑. Press SET.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- To reset timer to zero and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP (suitable for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TMR ↓. Press SET.
- Press + or - to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND THEN COUNT UP (suitable for jogging or running with warm-up timer)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TMR ↓↑. Press SET.
- Press + or - to adjust the HOURS of the warm-up timer. Press SET.
- Repeat for MINUTES and SECONDS.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the TIMER ↓ reaches zero and then count up automatically.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO USE THE WALK/RUN (DUAL INTERVAL) TIMER (suitable for training)

See your MIOSENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TIMER ↓↓. Press SET.
- Press + or - to adjust the TIMER 1 (Run) HOURS. Press SET. Repeat for TIMER 1 MINUTES and SECONDS.
- Press + or - to adjust the TIMER 2 (Walk) HOURS. Press SET. Repeat for TIMER 2 MINUTES and SECONDS.
- Press + or - to adjust the number of cycles (repetitions).

Press SET.

- To start the Walk/Run timer, press START and begin running.
- Timer will beep when the first interval countdown reaches zero.
- Walk until your MIO beeps when the second interval countdown reaches zero.
- Repeat until you have completed all your repetitions.
- To pause at any time, press STOP. Press START to resume.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND REPEAT (suitable for training)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TMR REP. Press SET.
- Press + or - to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- Press + or - to adjust the number of cycles (repetitions). Press SET.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero, then repeat the countdown until you have completed all your repetitions.
- To stop the timer, press STOP.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO CLEAR CUMULATIVE CALORIES BURNED

- The timer must be stopped.
- Press SET several times in EXERCISE TIMER mode until you see the following screen and hold RESET until beep to clear. If you keep the cumulative calories your next workout calories will add to them.



TO CLEAR WORKOUT CALORIES BURNED AND RESET TIMER

- Hold RESET until beep at any screen other than the cumulative calories burned screen to reload your previous timer setting and clear your previous workout calories burned.
- Or hold SET until beep to select the timer type and the duration for your exercise. Your previous workout calories burned will be cleared at the same time.

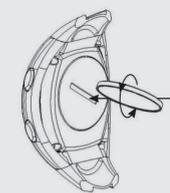
TO COUNT CALORIES BURNED

- Press START to begin your workout. The timer will begin counting.
- Record your heart rate now and at anytime during exercise, but particularly when you increase or decrease the intensity of your workout for a more accurate calorie expenditure (See Section H). After your heart rate and percentage of maximum heart rate appear, the number of calories burned for your workout, then the cumulative calories burned, will appear. MIO automatically deducts calories burned from your MIO's 3500 CALORIE COUNTDOWN each time you record your heart rate.

- To pause and view SUMMARY, press STOP. SUMMARY MODE will display TOTAL TIME, WORKOUT CALORIES and CUMULATIVE CALORIES. To resume, press START.
- To end session from RUNNING TIMER, press STOP once. Your MIO will show you the SUMMARY, alternately displaying your TOTAL TIME, WORKOUT CALORIES and CUMULATIVE CALORIES.

To return to TIME, hold MODE for 2 seconds.

K. TO CHANGE MIO'S BATTERY



1. Place a coin into the depression on the back and rotate counter-clockwise until the battery hatch pops out.
2. Lift the round plastic insulator and remove the old battery. Place the new battery in with the positive (+) side facing out. Make sure the round plastic insulator sits on top of the battery positive (+) side.
3. Place the battery hatch over the battery and close it by rotating the plate clockwise.



Your Drive can help you to achieve MIO's 3500 Calorie Countdown.

Use the exercise timer, taking your heart rate as you exercise (see section J). As you burn exercise calories they will be subtracted from your MIO's 3500 CALORIE COUNTDOWN and the calorie bars will empty as you countdown toward your goal. Track your progress by watching the calorie bars disappear, and by checking the number of calories remaining in your countdown in MIO's 3500 CALORIE COUNTDOWN mode. When you reach zero the message "GOAL" will display in MIO's 3500 CALORIE COUNTDOWN mode and all bars will blink to congratulate you that you have burned a pound.

To begin your next calorie count down, go to MIO's 3500 CALORIE COUNTDOWN mode again. Hold RESET until beep (2 seconds) to reset.

CONTACT

MIO Watch Service Center, 7501 N. Harker Drive, Peoria, IL 61615
Toll-free: 1-877-770-1116 • Fax 1-309-689-6543 • www.miowatch.com

DISCLAIMER

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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. \$30.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.566.4636. 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. PHYSICAL ENTERPRISES INC., PMB342 250 "H" STREET, BLAINE WA 98230-4033. 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.

MIO DRIVE SPECIFICATIONS

12/24 hour clock with date and weekday
Daily alarm
Total Calorie Intake (Total In): **9999**
Calorie Expenditure (Burned): **9999**
Calorie Target (Target): **3500**
Exercise Timer Modes:
• 3 Basic (Countup, Countdown & Stop, Countdown & Repeat)
• 1 Countdown+Countup Dual Timer (Warm-up Timer)
• 1 Customizable Dual Interval (Walk / Run)
Timer - limit: **99 hours 59 minutes**
Maximum Heart Rate Percentage: **99%**
Maximum Readable Heart Rate: **230 BPM**
Minimum Readable Heart Rate: **40 BPM**
Heart Rate Recovery Interval: **1 minute**
Luminescent Backlight: **5 second display**
Water Resistance: **30 meters**
Operating Temperature: **0°C to 40°C**
Lens: **acrylic**
Watchcase: **ABS**
Caseback: **stainless steel**
Strap: **polyurethane**
Buckle: **stainless steel**
Battery: **standard lithium type CR2032**
Expected Battery Life: **1 year**
Made in China
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE