



Welcome Guide

A step towards a healthier lifestyle



How does Fitbug work?

Using the Web and your very own "Bug" we'll keep an eye on your progress and provide you with weekly activities and healthy eating targets. Your Bug 'talks' to fitbug.com enabling us to keep up to date on how you're progressing.

You'll receive a weekly report plus the occasional text or email to either congratulate you or get you off your sofa when you need a bit of a nudge! Fitbug will be with you every step of the way, encouraging you to make gradual changes to your lifestyle and keeping you on track. We call it "movement motivation". By logging on to your private pages at fitbug.com you can access a wealth of information.

Read on to find out more.

Ready... Activating your account

When asked for it, you'll find your subscription number on the base of your members pack. Please keep all of your packaging until you are fully registered.

To kick things off, open a web browser and visit:
www.fitbug.com/start

The online tool will help you set-up your Fitbug account, step-by-step

For additional help setting up your Bug, refer to the 'Set-up mode' in the green section of this manual

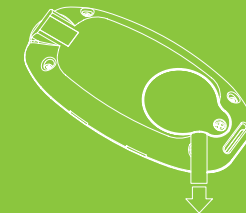
Set... Tools of the trade

Next up we need to tailor your Bug for you and install 'Bug Manager' on your PC. 'Bug Manager' is a safe and simple piece of software which allows us to read your accomplishments from your Bug. Just follow through the next few screens online which will ensure you're ready for action. If you're asked to restart your PC, leave your Bug plugged in. Enter the Username and Password in the 'Bug Manager' screen that pops up and click 'Register'. Next, press 'Send my Bug stats', any information on your bug will be sent to fitbug.com. To move to the final stage, 'GO', just login using your Username and Password.

Bug set-up

Here you will find all the information you need to get your Bug activated, programmed and strapped. So, just follow this step-by-step guide and you'll be getting those steps in, in no time...

Activating the battery



Remove before use

Locate the plastic film tab at the back. Gently, rotate tab away from the screw and Bug.

Stride length setting



1. Press SET and hold until setup model is activated
2. Set units(cm or in) by pressing ▲▼, then press SET
3. Set your walking stride length by pressing ▲▼, then press SET

Weight setting



1. Select units(kg or lb) by pressing ▲▼, then press SET
2. Set your weight by pressing ▲▼, then press SET

Time setting



1. Select time display(24-hour or 12-hour) by pressing ▲▼, then press SET
2. Set the hour by pressing ▲▼, then press SET
3. Set the minutes by pressing ▲▼, then press SET

Alarm setting



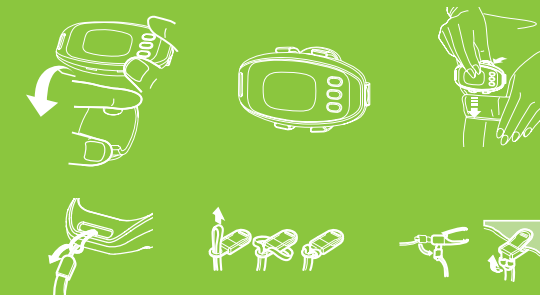
1. Select alarm setting(ON or OFF) by pressing ▲▼, then press SET
2. if you selected ON, set the hour by pressing ▲▼, then press SET
3. Set the minutes by pressing ▲▼, then press SET

Beep setting



Select beep setting(ON or OFF) by pressing ▲▼, then press SET

Attaching the strap and clip




Setup mode

NOTE Unit automatically toggles between screen displays.

Memory of previous days:

To view above displays for the various days (1-7), press ▼MEM

 will indicate the day for which data is being displayed (e.g., **Days Before 1** means yesterday).

NOTE At midnight 00:00, step counter will be automatically reset to zero.

NOTE If steps walked is greater than the limit allowed (99,999), current values will flash until unit is reset.

Precautions

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth for cleaning. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Never use the products in water.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.

- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.

- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device.

- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.

- Due to printing limitations, the displays shown in this manual may differ from the actual display.

- The contents of this manual may not be reproduced without the permission of the manufacturer.

- The measurement functions built into the FB 990 are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

Specifications

Type	Description
Dimension	75 x 13 x 38 mm
L x W x H	3 x 0.5 x 1.5 in
Weight	22g (0.78 oz) without battery
Step counter	0 - 99,999 steps
Distance travelled	0 - 999.99 (in km or miles)
Stride distance	28 - 152 cm (11 - 60 in)
Calorie Display	0 - 99,999 kcal
Body weight range	29 - 250 kg (64 - 551 lbs)
Operating temperature	-10 °C to 40 °C (14 °F to 104 °F)
Storage temperature	-20 °C to 60 °C (-4 °F to 140 °F)
Power	1 x CR2032 3V cell battery

Warranty

Fitbug guarantees this product for 1 year after date of purchase. The guarantee does not cover battery, packaging and/or damages of any kind due to misuse (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original proof of purchase. For any general enquiries or technical/warranty issues please contact fitbug.com

EU-Declaration of conformity

Hereby, Fitbug, declares that this [type of equipment & FB 990] is in compliance with EMC directive 2004/108/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Fitbug Customer Service.



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The personal health and wellbeing coach