User manual for W5S Sports Multifunctional Smart Activity Tracker



Specifications:

- Material: silicone and plastic

Waterproof level: IP65

Display: LED (seven-segment)

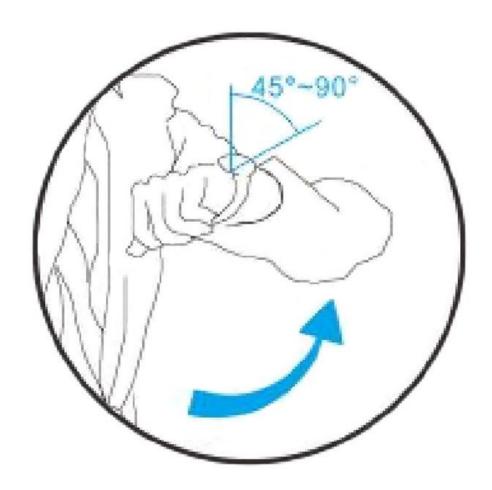
- Battery: 50mAh

Connector: microUSB

- Dimensions: 259mm x 16,5mm x 10mm

- Weight: 17,6g

The activity tracker automatically shows the time when you raise your hand.



Basic operation:

- 1. Check the time: Press the button once
- 2. Check the date/week/temperature: Press the button twice
- 3. Check the steps: Press the button 3 times
- 4. Check the burned calories: Press the button 4 times
- 5. Check the distance traveled: Press the button 5 times
- 6. Check the battery status: Press the button 6 times
 To adjust the time, date, week, simply long-press the button.

Steps - display mode:

Long-press the button when showing steps to enter the edit mode and then apply some of the following actions:

- 1. Check the steps of the day: Press the button once
- 2. Check the steps from the previous day: Press the button twice
- 3. Check the steps the day before yesterday: Press the button 3 times

 Keep pressing the button until you reach the day you want to check. If you
 want to check the steps 30 days in the past, press the button 30 times.

Pedometer:

Long-press the button when showing a pedometer to enter the edit mode. If you want to check the steps/calories burned/pace just short-press the button. To exit the Pedometer edit mode, long-press the button again.