



FILActive

38-901&902

www.fila.com/watch

User
Manual

FM-747.1

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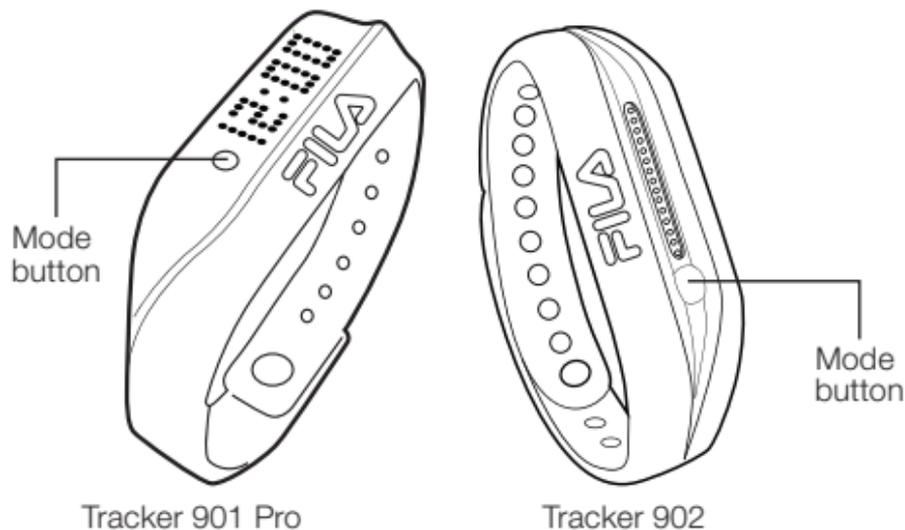
1

Design of Fila Tracker 901 Pro & Tracker 902

Thank you for selecting the Fila Tracker 901 Pro and Tracker 902 [Tracker]. This User Guide is the recommended source of information about your [Tracker]. Please read it carefully and follow all the instructions.

Simple & Easy-to-Use:

The [Tracker] has only one mode button to control all functions.



2

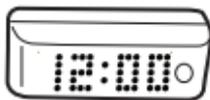
Specifications



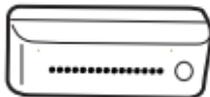
Silicon Wrist Band (1)
[SWB]



USB Charging Clip (1)



Main Unit (1)
[MU]



Micro-Clip for waist (1)
[Clip]

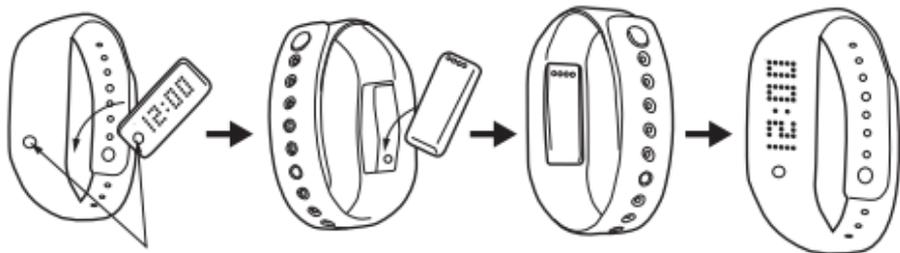
The [Tracker] can be worn on the wrist (in the Silicon Wrist Band) or you can pop it in the Micro-Clip and wear it pedometer-style on your waist belt or in your pocket.

3

How to Use the Band and Clips Tracker 901 Pro

How to place the [MU] into the [SWB]

Place the [MU] into the socket of the [SWB]. Make sure to align the mode button with the indented button area of the [SWB].



How to place the [MU] into Micro-Clip [Clip]



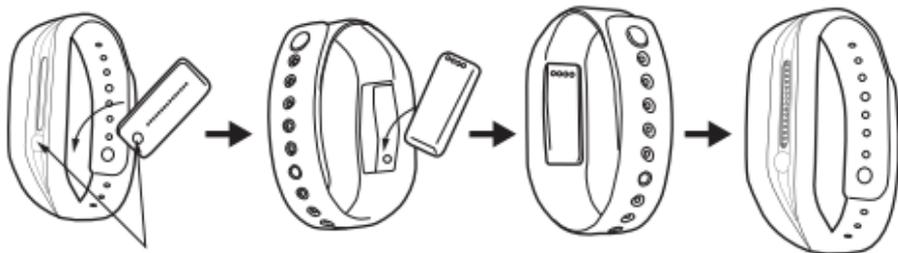
Place one end of the [MU] into the Clip and snap the other side into place.

3

How to Use the Band and Clips Tracker 902

How to place the [MU] into the [SWB]

Place the [MU] into the socket of the [SWB]. Make sure to align the mode button with the indented button area of the [SWB].



How to place the [MU] into Micro-Clip [Clip]

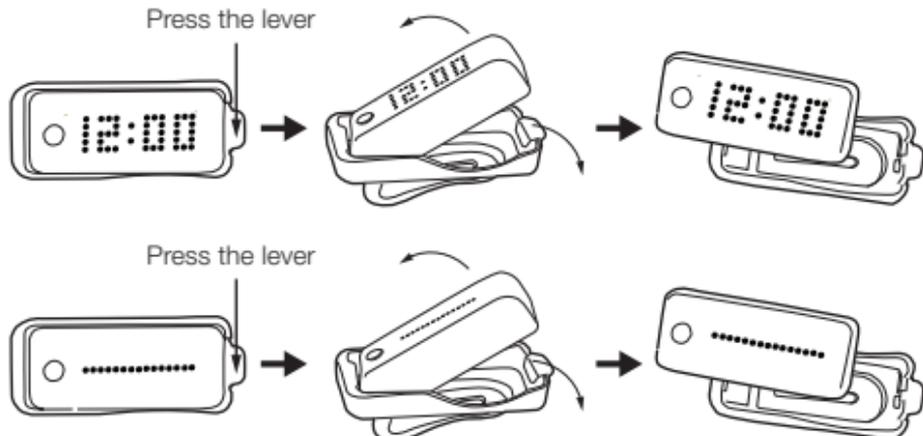


Place one end of the [MU] into the Clip and snap the other side into place.

How to Use the Band and Clips (continued)

How to remove the [MU] from the [Clip]

Press the small lever to remove the [MU] from the [Clip].



How to attach and remove the [MU] from the USB Charging Clip
Follow the same instructions to insert and remove the Main Unit into / from the USB Charging Clip. However, please make sure you **ALIGN THE TWO CONNECTION POINTS ON THE MAIN UNIT WITH THE TWO CONNECTION POINTS ON THE USB CHARGING CLIP!**

- The maximum input current for USB charger is 500mA.

4

Getting Started: Overview

STEP 1

Install the app, Fila Tracker [App] on your compatible device. Before you can setup your [Tracker] or transfer data from your [Tracker] to the [App], you need to install the [App] on your Bluetooth® Smart Ready device.

STEP 2

Activate the [Tracker]

The [Tracker] is shipped in OFF mode. To activate your [Tracker], simply Press & Hold the button for 3 seconds.

STEP 3

Check the Battery Status

The [Tracker] may need a recharge before use. Please check the Battery Status and, if needed, charge the Main Unit.

STEP 4

The [Tracker] must be PAIRED to the [App]

Make sure Bluetooth® is enabled on your phone. PRESS & HOLD the button (on the [Tracker]) to enter the MENU. Once the word PAIR green light appears in the display, QUICK PRESS the button again. It may take a few moments to PAIR the device. The word DONE will appear in the display and your device is ready!

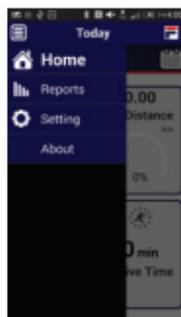
5

Getting Started: Install the App

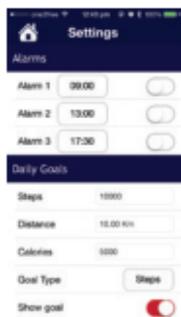
To fully utilize the [Tracker], you need to use with the [App]. Please visit our website for [App] information: www.fila.com/watch, or download directly from the App Store or Google Play.



Main Page



Menu



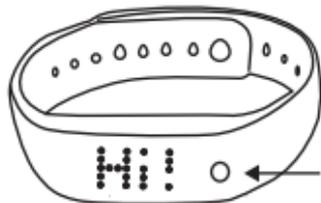
Settings Page

TO START: Please set up all info requested in the [App] SETTINGS. Incorrect or missing information can result in inaccurate workout activity recordings.

The Main Unit can store up to 30 days of data, however, we suggest that you sync your data to the [App] at least once a week.

6 Tracker 901 Pro

Getting Started: Activate the Fila Tracker



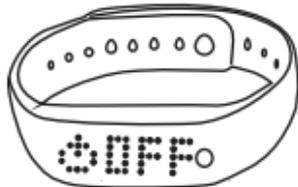
TURN YOUR BAND ON

Fila Tracker 901 Pro is shipped in OFF mode. To activate, simply PRESS & HOLD the button for 3 seconds. Hi!

NOTE: If nothing appears in the display, this could mean that the battery is fully drained and needs to be recharged immediately.

TURN YOUR BAND OFF

To conserve the battery's lifetime during long periods of inactivity, please turn your band OFF.



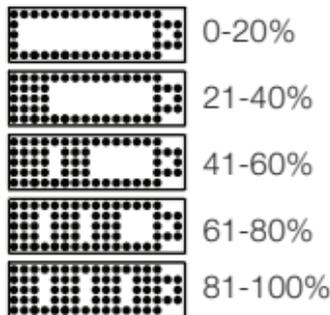
PRESS & HOLD the button to enter the MENU. Once the word  OFF appears in the display, QUICK PRESS the button again. SEE U LATER!



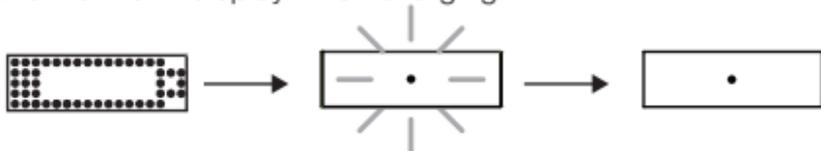
7 Tracker 901 Pro

Getting Started: Check the Battery Status

PRESS & HOLD the mode button until the word MENU appears in the display. After a few seconds, the battery icon will appear in the screen. The battery status icons are as follows:



With a fully charged battery, the Tracker 901 Pro will last for approximately 7 days with normal use. When your battery starts running low, please recharge as soon as possible. It will take 1-2 hours to fully charge your battery. The following screens will appear on the Main Unit display when charging:



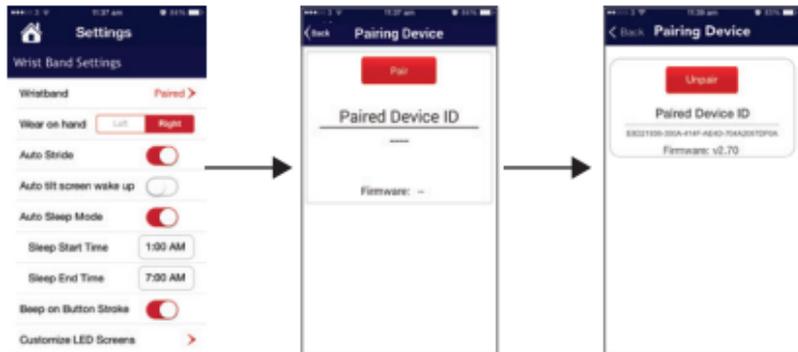
The Battery Icon will appear in the display.

After a few seconds, a blinking dot will appear in the display. Charging is now in progress.

When the dot stops blinking, the charge is complete.

8 Tracker 901 Pro

Pair the Tracker 901 Pro to the App



APP: In the Settings menu, click on Wristband Not Paired > to open the PAIR screen.

BAND: PRESS & HOLD the button (on the [Tracker]) to enter the MENU. Once the word PAIR appears in the display, QUICK PRESS the button again.

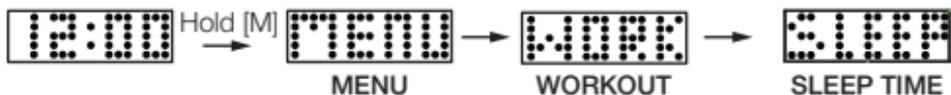
APP: At the same time, tap "PAIR" in the [App] screen to start the PAIR process.

BAND: It may take a few moments to PAIR the device. The word DONE will appear in the display and your device is ready.

9 Tracker 901 Pro

Menu Options

You have already started to become familiar with the MENU options. To enter the MENU, simply PRESS & HOLD the button and release. When the option you want appears in the display, QUICK PRESS the button again.



This function allows you to record data for a specific workout (i.e. morning walk, hike, jog at park, etc).

This function allows you to manually tell your watch when you are going to sleep I wake up.



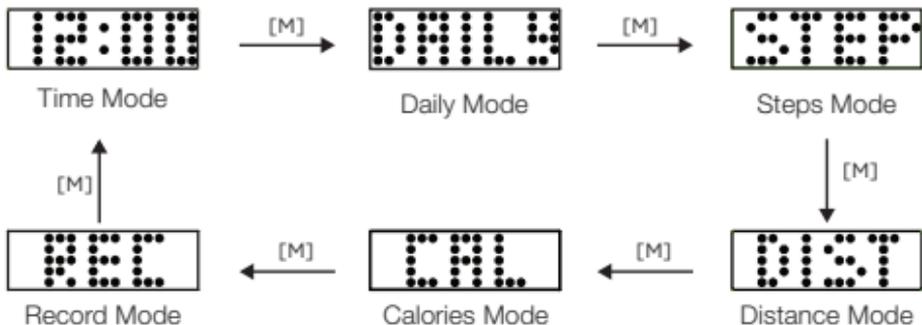
10 Tracker 901 Pro

Modes of Options

CUSTOMIZE YOUR BAND DISPLAY

In the settings portion (of the app), you can customize the band display options to show only the activities you want to view!

Once set, PRESS the button to toggle through the modes:

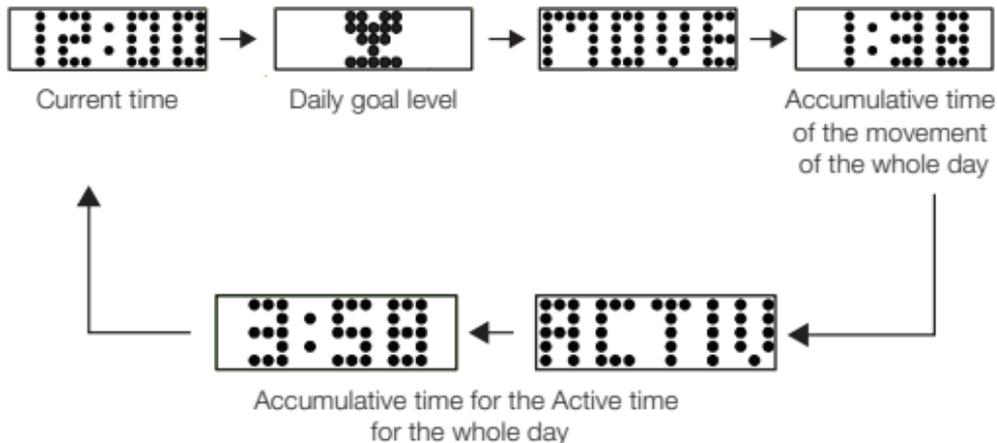


10.1 Tracker 901 Pro

Modes of Options - Time

Press the Mode button once, the Fila Tracker 901 Pro will display Time Mode information.

- When the Current Time display doesn't appear, press the mode button until the Current Time display appears.
- Under Time Mode, the display will scroll in the sequence as below:



Note: MOVE Time and ACTIVE Time displays can be customized to show via the [App]. For more details, please refer to Chapter 21.6.

Modes of Options - Time (Continued)

Display your goal progress in steps, distance or calories.

There are 5 displays showing your performance level.

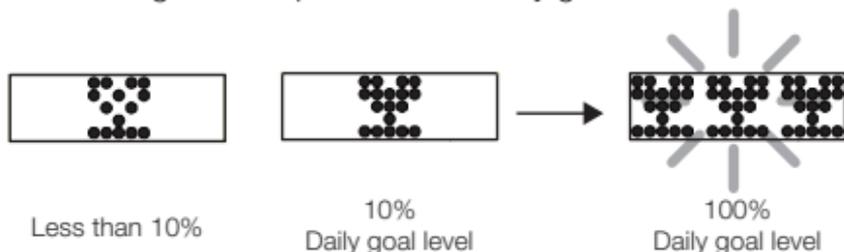
One Hollow Cup – Achieved Daily goal level less than 10%

One Solid Cup – Achieved Daily goal level between 10% and 40%

Two Solid Cup – Achieved Daily goal level between 40% and 70%

Three Solid Cup – Achieved Daily goal level between 70% and below 100%

Three Flashing Solid Cup – Achieved Daily goal level 100% or more



Please note that the Move Time is the total time of the movement.

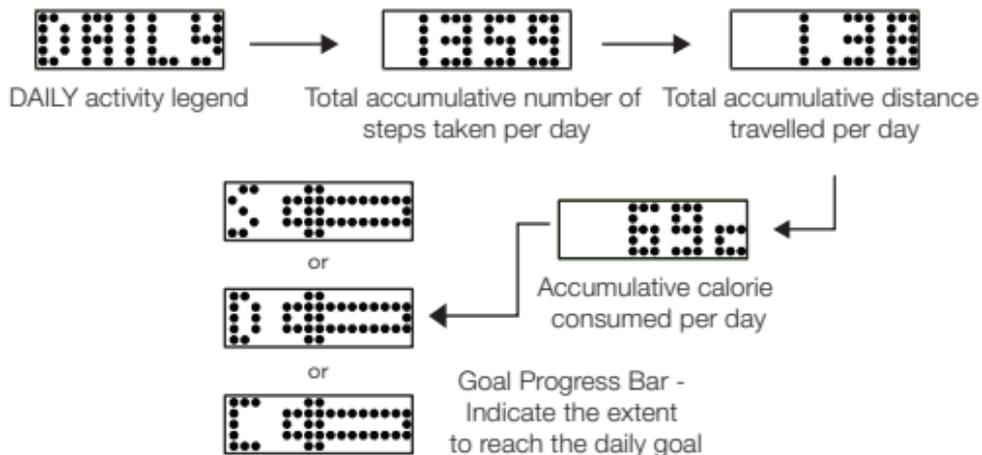
The Active Time will be collected and accumulated when the movement is more intense and vigorous like jogging and running.

Note: Goal type options can be customized via app. For details, please refer to Chapter 21.3.

10.2 Tracker 901 Pro

Modes of Options - Daily

Press the mode button once again, the following display will scroll on the screen.



Note: Daily Display has to be switched ON in the [App]. Otherwise, this display will not appear on your Tracker 901 Pro. For more details, please refer Chapter 21.6 Custom Settings. Goal Progress Bar will be shown only when Show Goal is set to ON. For more details, please refer to Chapter 21.3 Daily Goals.

10.3 Tracker 901 Pro

Modes of Options - Step

Press the Mode button once again while the previous display is still on, the following display will scroll on the screen. When the STEP display doesn't appear, press the Mode button until the STEP display appears provided that the STEP display has been switched ON in the device. For more details, please refer to Chapter 21.6.

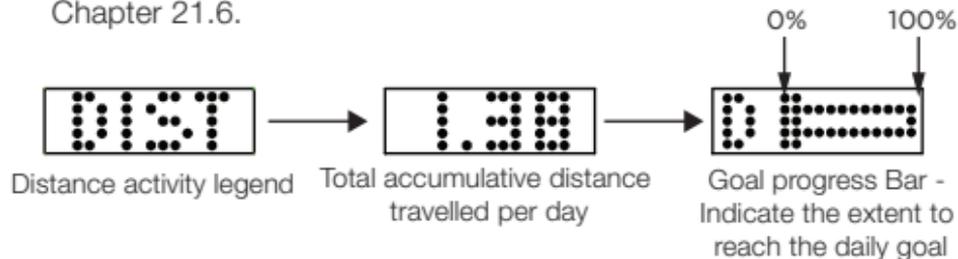


Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Step is selected in the Goal Type. For more details, please refer Chapter 21.3 Daily Goals.

10.4 Tracker 901 Pro

Modes of Options - Distance

Press the Mode button once again while the previous display is still on, the following display will scroll on the screen. When the STEP display doesn't appear, press the Mode button until the STEP display appears provided that the STEP display has been switched ON in the device. For more details, please refer to Chapter 21.6.

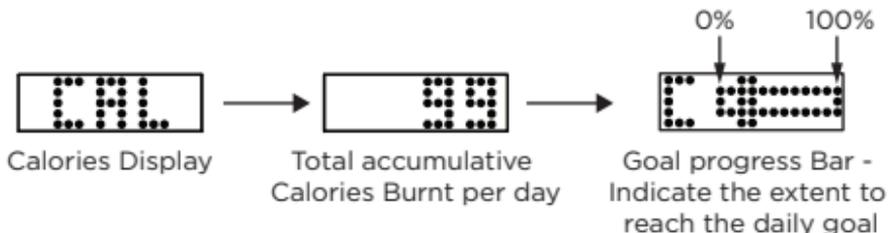


Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Step is selected in the Goal Type. For more details, please refer Chapter 21.3 Daily Goals.

10.5 Tracker 901 Pro

Modes of Options - Calories

Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the CAL display doesn't appear, press the mode button until the CAL display appears provided that the CAL display has been switched ON in the device. For more details, please refer to Chapter 21.6.



Note: Goal Progress Bar will be shown only when Show Goal is set to ON and Calories burned is selected in the Goal Type. For more details, please refer to Chapter 21.3 Daily Goals.

11 Tracker 901 Pro

Workout Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word "WORK" is shown, press the mode button again to enter this mode. The display scrolls GO; your Tracker 901 Pro will start recording your workout activity. During the workout, you can check the current status by pressing the mode button once. All the following information will scroll on the screen provided that the workout duration, Steps, Distance, Calories and Goal Progress Bar have been set to on. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the Tracker 901 Pro. For more details, please refer to Chapter 21.4 and 21.6.



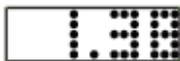
WORK legend



Workout time elapsed



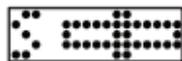
Number of steps taken during this workout



Distance travelled during this workout



Calories Burnt during this workout



Goal Progress Bar - indicate the extent to reach the workout goal

Workout Mode (Continued)

How to stop the Workout

When you finish your workout, just press and hold the mode button until the word “STOP” appears, then release the button to confirm. The word “DONE” will scroll on the screen indicating your workout information is recorded.

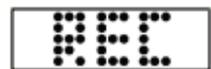
Note: Workout Mode has to be switched ON in the [App]. Otherwise this function will not appear on your Tracker 901 Pro. For more details, please refer to Chapter 21.6.

11.1 Tracker 901 Pro

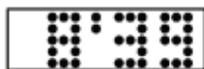
Workout Mode - Record Display

You can review your last workout information in the REC mode. Press the Mode button once. The following information will scroll on the screen. All the following information will scroll on the screen provided that the Steps, Distance, Calories and Goal displays have been set to ON in the [App]. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the Tracker 901 Pro. For more details, please refer to 21.4 and 21.6.

Press the mode button during the scroll, it will go back to the General Information Display.



Workout Record



Total Workout time



Number of steps taken during the workout



Distance travelled during the workout



Calories burned during the workout

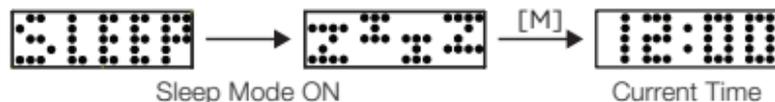


Goal Progress Bar - indicate the extent to reach the workout goal

12 Tracker 901 Pro

Sleeping Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word “SLEEP” appears on the screen, press the mode button to enter Sleep Mode. The SLEEP → “Z” ICONS will scroll on the screen. It indicates that the Sleep Mode is ON. The Tracker 901 Pro will start recording your sleeping pattern. In this mode, when you press the mode button, the current time will be displayed.



Exiting Sleep Mode

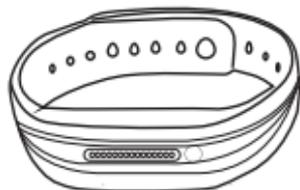
In the Sleep Mode, press and hold the mode button until the word “WAKE” appears on the screen, then release the button to confirm. The Sleep Mode is switched OFF. Your sleeping pattern has been recorded and can be transferred to the [App] for review. When “WAKE” appears on the screen, the sunrise animation will scroll on the screen as below sketch.



Note: The Sleep mode can be set automatically. Sleeping time and Wake up time can be set automatically via the [App]. For more details, please refer to Chapter 21.6 Enable Auto Sleep.

13 Tracker 902

Getting Started: Activate the Fila Tracker



TURN YOUR BAND ON

Fila Tracker 902 is shipped in OFF mode. To activate, simply PRESS & HOLD the button for 3 seconds.

NOTE: If nothing appears in the display, this could mean that the battery is fully drained and needs to be recharged immediately.

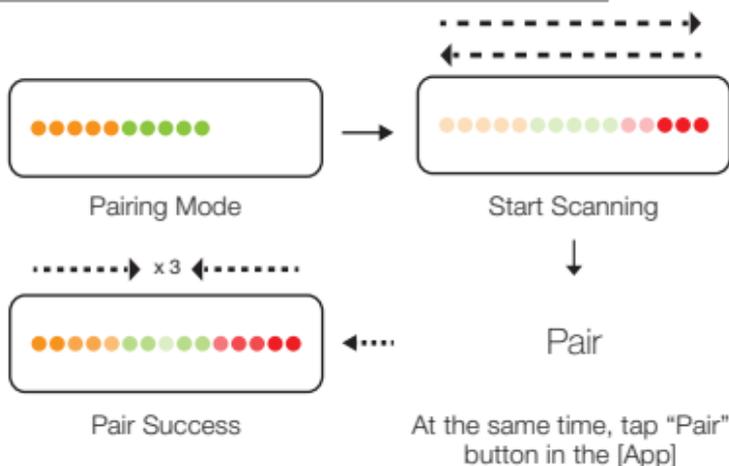
14 Tracker 902

Pair the Tracker 902 to the App



APP: In the Settings menu, click on Wristband Not Paired > to open the PAIR screen.

Pair the Tracker 902 to the App



- BAND:** PRESS & HOLD the button (on the Fila Tracker) to enter the MENU. Once orange and green light appears in the display, QUICK PRESS the button again.
- APP:** At the same time, tap "PAIR" button in the [App] to start the PAIR process.
- BAND:** It may take a few moments to PAIR the device. The LEDs will turn on from the left and right to the center for 3 times and your device is ready!

16 Tracker 902

Menu Options

Simply PRESS & HOLD the button and release. When the option you want appears in the display, QUICK PRESS the button again.



Goal Progress Mode



Sleep Mode



Power OFF

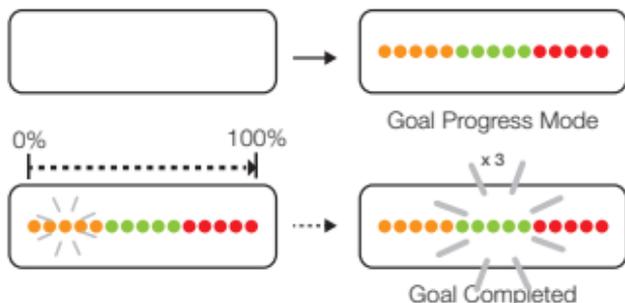


Pairing Mode

17 Tracker 902

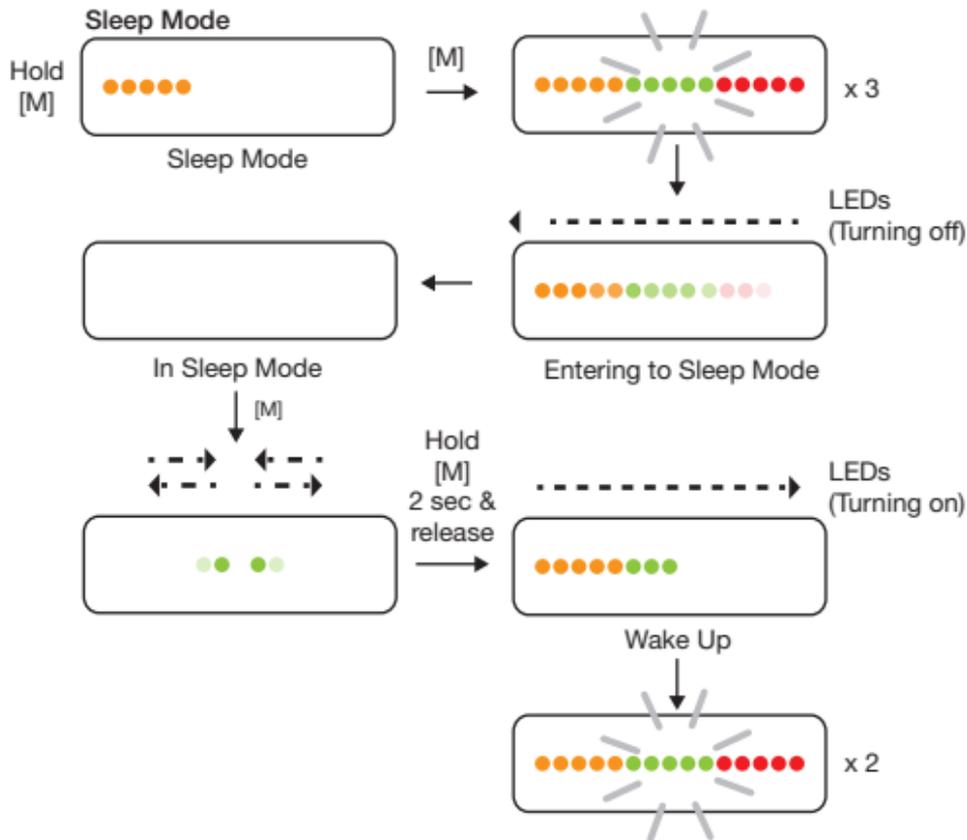
Modes of Options

Goal Progress



| LED | Achieved Goal Level | LED | Achieved Goal Level | LED | Achieved Goal Level |
|-----|---------------------|-----|---------------------|-----|---------------------|
| | 1 0 - 7% | | 6 36 - 42% | | 11 71 - 77% |
| | 2 8 - 14% | | 7 43 - 49% | | 12 78 - 84% |
| | 3 15 - 21% | | 8 50 - 56% | | 13 85 - 91% |
| | 4 22 - 28% | | 9 57 - 63% | | 14 92 - 98% |
| | 5 29 - 35% | | 10 64 - 70% | | 15 99 - 100% |

Modes of Options Continued



Modes of Options Continued

In any mode, press and hold the mode button until it displays the first 5 orange LED lights and then release it. Press the mode button again to enter Sleep Mode. Full LED lights will flash 3 times on the screen. It indicates that the Sleep Mode is ON. The Tracker 902 will start recording your sleeping pattern.

18

App: Fila Tracker

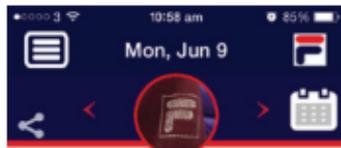
Fila Tracker is a free [App] designed to help you track your daily activity and measure your progress as you work towards achieving your fitness goals. To use this [App], you will need the Fila Tracker 901 Pro/Tracker 902. Sometimes the hardest part of a fitness routine is staying motivated. Now you can see just how far you have come! Set your daily goals in the [App], then track your steps, distance and estimated calorie burn all day. Need more incentive? The Fila Tracker also records your total exercise time, total active time and sleep time - so your entire day is covered!

19

App: Main Page

Main Page

This page shows the current performance and basically similar information as your Fila Tracker. Depending on your previous connection, it could take approximately 2-3 minutes for the data transfer between the 2 gadgets. Afterwards, data can be updated instantly.



The icon  in the first row on the left is the Menu button. The one on the right  is the Calendar icon. The 2 arrows are buttons for selecting the previous day and the next day information OR only one backward arrow < with Today when the information displayed is today's information. The Main unit icon appears  when the band is synchronized with the device.



19.1

App: Main Page - Steps

Steps

The left upper box shows the Steps taken with percentage completed icon compared with the set goal. When you tap on this box, the screen will move to a more detailed display which shows the total number of Steps taken, percentage completed icon compared with the Goal, Steps to Goal, the Set Steps Goal, Daily goal icon and a detailed bar chart as the sketch below. This bar chart shows the frequency of the Steps taken against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



After review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

19.2

App: Main Page - Distance

Distance

The right upper box shows the distance travelled with percentage completed icon compared with the set goal. When you tap on this box, the screen will move to a more detailed display which shows the total distance travelled, percentage completed icon compared with the Goal, Distance to go, the Set Distance Goal, Daily goal icon and a detailed bar chart as the sketch. This bar chart shows the frequency of the distance travelled against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



After review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

19.3

App: Main Page - Calories

Calories Burned

The left lower box shows the calories burned with percentage completed icon compared with the set goal. When you tap on this box, the screen will move to a more detailed display which shows the total calories burned, percentage completed icon compared with the Goal, Calories to burn, the Set Calories Goal, Daily goal icon and a detailed bar chart. This bar chart shows the frequency of the calories burned against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



After review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

19.4

App: Main Page - Active Time

Active Time

The right lower box shows the Active Time of your daily activity. When you tap on this box, the screen will move to a more detailed display which shows the total Active Time of your daily activity, detailed bar chart. This bar chart shows the frequency of the Active Time of your daily activity against time during the day. You can either use the “-” and “+” buttons or pinch and stretch the screen to zoom in and out the details of the frequency. You can also swipe or drag the bar chart to the left or right to show the hidden information.



After review, you can return to the Main page screen by tapping the Home button or swipe the screen to the right.

Summary

On the Main page, you can swipe the screen to the left. Below page will appear.



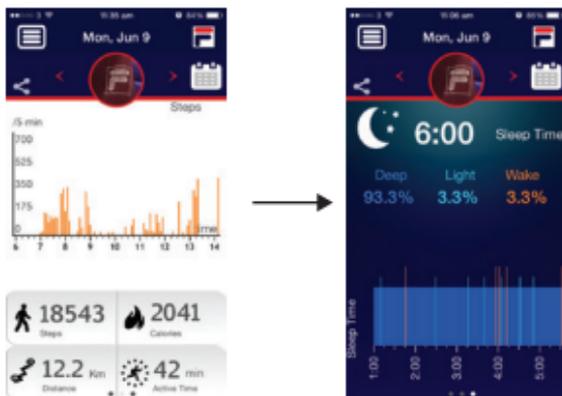
On this page, you may tap on one of the four icons at the bottom; the bar chart will display the frequency against time. The bar chart is corresponding to the icon you tap. You can also check different days' bar charts by tapping the arrows in the second row or tap on the Calendar icon to select a specific day to review. Swipe or drag the bar chart to the left or right to show the hidden information.

21

App: Sleep Time

Sleep Time

Swipe the screen to the left from the Summary page, below page will appear.



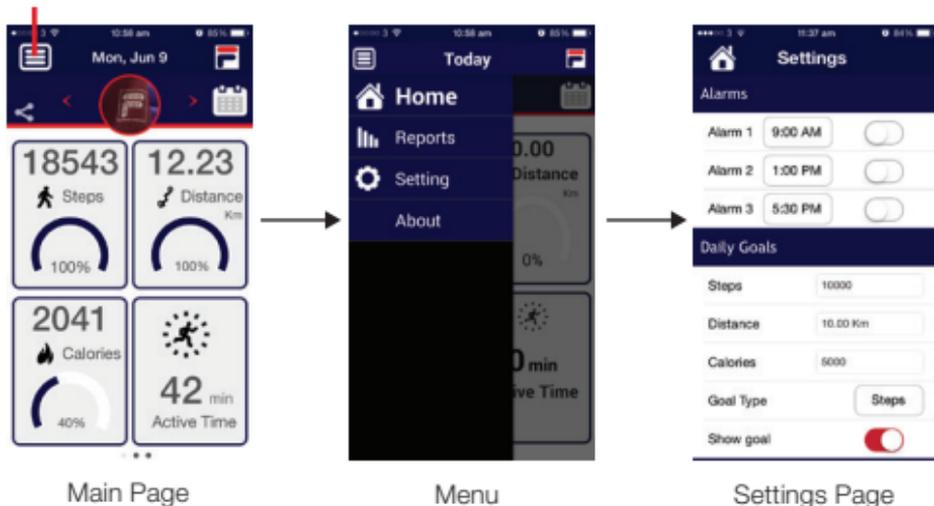
This page shows the pattern and quality of your sleep of last night. You can swipe or drag on the horizontal bar to the left and right to check the sleeping pattern and quality against time. You can also check different days' sleeping pattern and quality by tapping the arrows in the second row or tap on the Calendar icon to select a specific day to review. Tapping the Home key Icon will return to the Main page or swiping the screen to the right 2 times will return to the Main page.

22

[App]: Setting for the [Tracker] via your device

Select the Menu button on the main page and then select Settings. In the Settings menu, you can set the Fila Tracker and all related parameters.

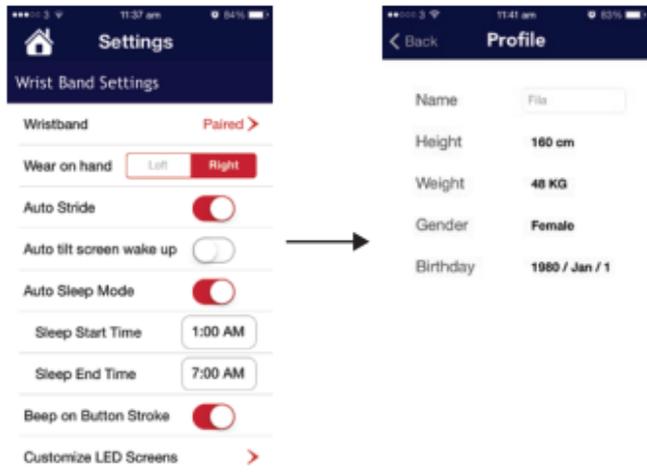
Menu button



22.1

Setting Up Your Own Profile

Select Profile at the bottom of the Settings menu to establish your own profile.

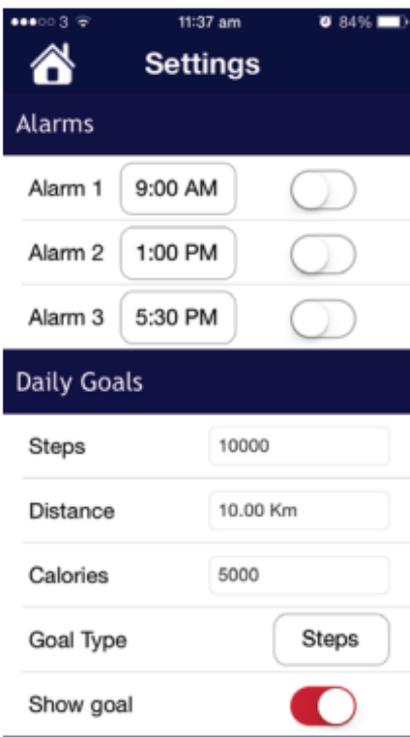


Input your name in the Name field. This name will be displayed on your Fila Tracker.

Input your Height, Weight, Gender and Birthday in the spaces provided (only applicable to Tracker 901 Pro). This information is very important for the device to calculate the Steps taken, Distance travelled and Calories burned for the relative motion or activity you have done.

21.2

Alarm Setting



The screenshot shows the Settings app interface. At the top, there is a status bar with signal strength, time (11:37 am), and battery level (84%). Below the status bar is a dark blue header with a home icon and the word "Settings". The "Alarms" section is highlighted in a darker blue. It contains three rows, each representing an alarm. Each row has a label (Alarm 1, Alarm 2, Alarm 3), a time selection box, and a toggle switch. Alarm 1 is set for 9:00 AM, Alarm 2 for 1:00 PM, and Alarm 3 for 5:30 PM. All toggle switches are currently turned off. Below the Alarms section is the "Daily Goals" section, also highlighted in dark blue. It contains several rows for goal tracking: "Steps" with a value of 10000, "Distance" with a value of 10.00 Km, "Calories" with a value of 5000, "Goal Type" with a dropdown menu currently showing "Steps", and "Show goal" with a toggle switch that is currently turned on.

| Alarm | Time | Toggle |
|---------|---------|--------|
| Alarm 1 | 9:00 AM | Off |
| Alarm 2 | 1:00 PM | Off |
| Alarm 3 | 5:30 PM | Off |

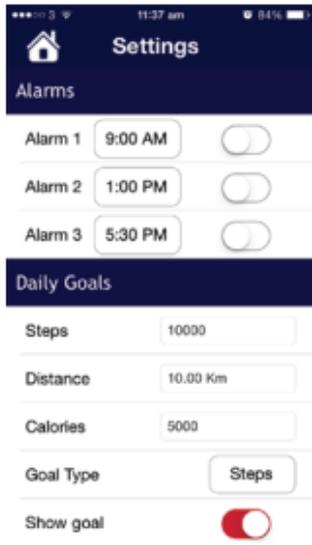
| Goal | Value |
|-----------|----------|
| Steps | 10000 |
| Distance | 10.00 Km |
| Calories | 5000 |
| Goal Type | Steps |
| Show goal | On |

3 alarms are available for you to use. Tap the time and a popup window will come up. Select the alarm and adjust the time as you wish. You can turn ON or OFF the alarms by dragging or tapping the buttons on the right. The alarm will sound for 20 seconds and the word "ALARM" will scroll on the band when it reaches the set alarm time. Pressing the mode button of the [Tracker] can also stop the alarm.

21.3

Daily Goals

You can set your daily goals by inputting the expected number of Steps taken, Distance to travel and Calories to burn in these fields. You can select the Goal Type for your goal from Step, Distance and Calories burned. You can choose whether to show the goal display in the Fila Tracker or not. (only applicable to Tracker 901 Pro)



The screenshot shows the 'Settings' app interface. At the top, there is a status bar with signal strength, time (11:37 am), and battery level (84%). Below the status bar is a navigation bar with a home icon and the title 'Settings'. The 'Alarms' section is visible, showing three alarm entries: Alarm 1 (9:00 AM), Alarm 2 (1:00 PM), and Alarm 3 (5:30 PM), each with a toggle switch. Below the Alarms section is the 'Daily Goals' section, which includes input fields for 'Steps' (10000), 'Distance' (10.00 Km), and 'Calories' (5000). There is a 'Goal Type' dropdown menu currently set to 'Steps', and a 'Show goal' toggle switch which is turned on.

For example:

Steps – 10000

Distance – 10 Km

Calories – 5000 Cal

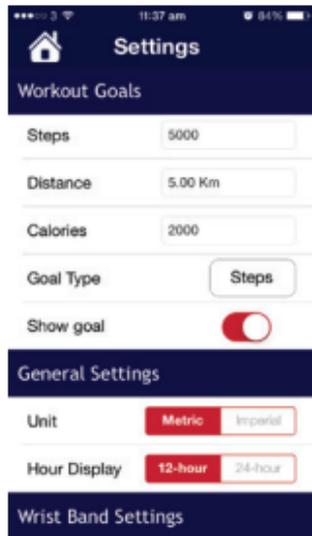
Goal Type – Step, Distance or Calories can be chosen –
Step taken is chosen for the goal.

Show goal – When this is set to on, the Daily Goal Level
& Goal Progress Bar (Daily) will be shown
on the Fila Tracker 901 Pro.

21.4

Workout Goals

You can set your workout goals by inputting the expected number of Steps taken, Distance to travel and Calories to burn in these fields. You can select the Goal Type for your goal from Step, Distance and Calories burned. You can choose whether to show the goal display in the Fila Tracker or not. (only applicable to Tracker 901 Pro)



For example:

Steps – 5000

Distance – 5 Km

Calories – 2000 Cal

Goal Type – Step, Distance or Calories can be chosen –
Step taken is chosen for the goal.

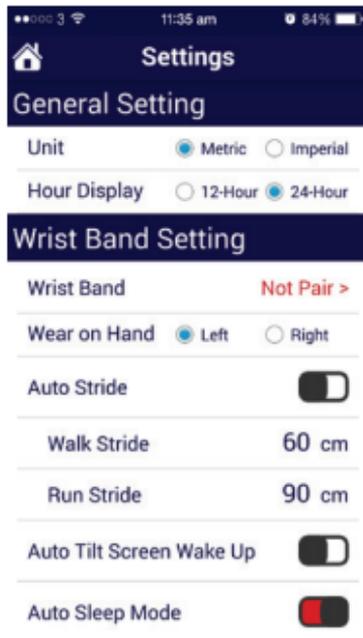
Show goal – When this is set to on, Goal Progress Bar
(Workout) will be shown on the Fila
Tracker 901 Pro.

21.5

General Settings

Unit – you can choose Metric or Imperial unit for the display.

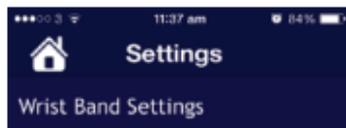
Hour Display – you can choose 12-hour or 24-hour format display.



21.6

App: Wristband Settings

The [Tracker] can display the information in opposite direction which fits your wearing habit. You can either wear the band on the left hand or right hand while the display is still upright for you to read as long as you select the corresponding setting in “Wear on hand”.



Wristband Paired >

Wear on hand Left Right

Auto Stride

Auto tilt screen wake up

Auto Sleep Mode

Sleep Start Time 1:00 AM

Sleep End Time 7:00 AM

Beep on Button Stroke

Customize LED Screens >

Wristband Settings (Continued)

Auto Stride Enable

This function is used to quantify your activities in terms of Steps, Distance travelled and Calories burned using your personal profile's information when it is switched ON. When this function is switched off, you have to input the Walk Stride and Run Stride in order for the device to quantify your activities.

Tilt Wake Enable

When this function is set to ON, you can switch ON the display of your [Tracker] by twisting or tilting your wrist without pressing the mode button.



Wristband Settings (Continued)

Enable Auto Sleep

When this function is switched ON, the [Tracker] will enter the Sleep Mode automatically according to the Sleeping Time you set to track your sleeping habit and quality. When this function is switched ON, please input the Sleep Start time and End time as you wish.

You can also switch ON or OFF the Sleep mode manually by pressing the mode button on the [Tracker]. Please check Sleep Mode in Chapter 12 for Tracker 901 Pro and Chapter 17 for Tracker 902.

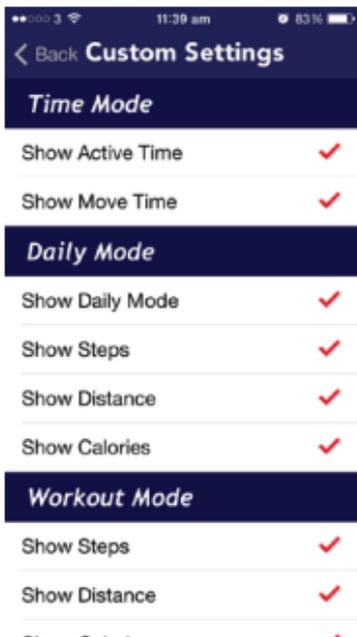
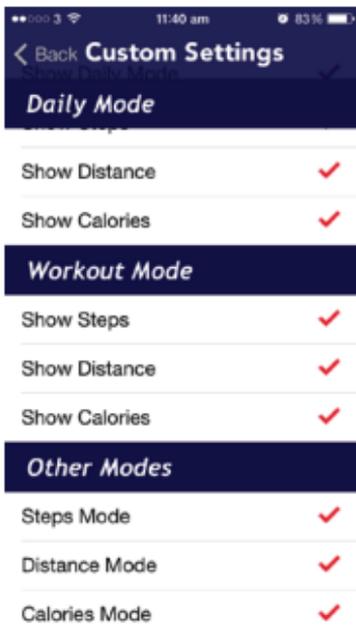
Beep on button stroke

You can switch ON or OFF the Keytone of the mode button on the Fila Tracker in this function.

Wristband Settings (Continued)

Customize LED Setting (only applicable to Tracker 901 Pro)

In this mode, different displays can be set to ON or OFF in the [App]. Tap on this function, below sketches will appear. When you tap on the corresponding legends, they can be set to ON or OFF.



Wristband Settings (Continued)

Time mode

Show Move Time – When this is set to ON, the Move time will be shown on your [Tracker].

Show Active Time – When this is set to ON, the Active time will be shown on your [Tracker].

Both of these displays can be set to OFF.

Daily Mode

Show Daily mode – When this is set to ON, Daily display will be shown on the [Tracker]. Otherwise, it will not be shown.

Show Steps – When this is set to ON, the number of steps taken will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.

Show Distance – When this is set to ON, the Distance travelled will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.

Show Calories – When this is set to ON, the Calories Burnt will be shown on the Daily Display. Otherwise, it will not be shown on the daily mode.

Note: When daily mode is switched ON, at least one item (step, distance, calories)- must be set ON.

Wristband Settings (Continued)

Workout Mode

Show Workout Mode - When this is set to ON, the workout function will be shown on menu options.

When you start the Workout mode in your [Tracker], the following information will be shown on the screen when you press the mode button.

Show Steps – When this is set to ON, the number of steps taken will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode.

Show Distance – When this is set to ON, the Distance travelled will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode.

Show Calories – When this is set to ON, the Calories Burnt will be shown on the Workout Display. Otherwise, it will not be shown on the workout mode.

Note: When daily mode is switched on, at least one item (Step, distance, calories) must to be set on.

Wristband Settings (Continued)

Other Modes

Step, Distance and Calories will be shown on the Fila Tracker 901 Pro individually when these modes are set to ON.

Tap the backward "< Back" to return to the Settings menu.

Fila Tracker Firmware upgrade

Tap on this function to check the latest firmware for the wristband.

22 Reports

Reports

In the Menu, tap Reports, the screen appears as below sketch. This page summarizes your activities in weeks, months and years. You simply tap on the Week, Month or Year icon to review your activities. The Data Display above the Bar Chart shows the Daily Average per Week, Month or Year depending on your selection. The bar chart shows the corresponding information. The Legend underneath the bar chart includes 5 categories. They are Step, Distance, Calories burned, Active Time and Sleep. Swipe this part to select the category you want to review, the corresponding bar chart and information will be shown accordingly.



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Workout History

Workout History (only applicable to Fila Tracker 901 Pro)

In this mode, you can review your Workout History and individual summary. In the Menu, tap Workout History, the screen appears as below sketch 1. This page lists out all the Workout you have done with Date, Duration and Distance. In each row, tap the arrow will move to the sketch 2 which corresponds to the summary of the individual workout.

| Date | Duration | Distance | |
|--------------|----------|----------|---|
| Jun 19 (Thu) | 0:14:23 | 0.02 km | > |
| Jun 19 (Thu) | 0:14:52 | 1.04 km | > |
| Jun 19 (Thu) | 0:04:56 | 0.02 km | > |



| | |
|---------------|---------------|
| 2014 Jun 19 | 13:31 |
| Duration | 0:14 :52 |
| Distance | 1.03 Km |
| Average Pace | 14:18 min/ Km |
| Average Speed | 4.19 km / h |
| Steps | 1,192 |
| Calories | 115 Cal |

In the "Workout summary" page, scroll left to review previous workout. Scroll right to review more recent workout.

Sketch 1

Sketch 2

24

Care and Maintenance

WARNING: Before starting any exercise program, we strongly suggest that you visit your doctor for a complete physical and to discuss your exercise plans.

KEEP the unit out of the reach of children and pets. The unit contains small parts that might be swallowed.

NEVER push the buttons under water, when the [Tracker] is wet or when you are cleaning it.

DO NOT use the [Tracker] in a hot tub or extremely hot shower/bath.

DO NOT expose the [Tracker] to sudden changes of temperature.

DO NOT wear the [Tracker] in soapy dishwater or bubble baths.

The [Tracker] can be wiped clean with a lightly moistened cloth.

ALWAYS rinse the [Tracker] with clear tap water after exposure to salt water.

Care and Maintenance

PROTECT the [Tracker] from extreme heat, shocks and excessive exposure to direct sunlight.

NEVER expose the [Tracker] to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellent, sunscreen and other toiletries, as they may damage the unit.

NEVER disassemble or modify the unit. Modifications will VOID THE WARRANTY.

WATER RESISTANCE: 30 meters | 3 ATM | 3 BAR

We do not recommend wearing this [Tracker] during any water activity or bathing. This [Tracker] is only water resistant to a STATIC pressure of 3 ATM and water damage will occur if you accidentally press a button under water.

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Precautions for Water Resistance

All FILA [Tracker] are designed to withstand use as indicated on the below chart.

| Indication | Water-related use | | |
|------------------------------|---|---|---|
| Level of resistance | Light spray perspiration, light rain, etc | Bathing, etc | Swimming, etc |
| 3ATM (30 meters) |  | | |
| 5ATM (50 meters) |  |  | |
| 10ATM (100 meters) |  |  |  |

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the [Tracker], please check the [Tracker] immediately as corrosion of electronic parts can occur inside the case.



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