ActiFit LITE

Thank you for purchasing this Merlin Product. Please read the instruction manual carefully before using the product.

The documentation provided will allow you to fully enjoy all the features this unit has to offer.

Please save this manual for future reference.

Instructions

Charging your ActiFit Lite
Before using the ActiFit please fully charge it by removing the side of the bracelet. Gently move it from side to side and slide off the strap to reveal the USB port. Connect this USB port to any USB charger. Charging time is expected to take 2 hrs.

Wearing the device:
Place the device around your wrist ensuring the sensor is in contact with your skin and stationary. Then secure the strap in the adjustment hole.

Power ON:
To Power ON the device, press down the touch sensor button for 3 seconds.

Power OFF:
To Power OFF the device, press down the touch sensor button for 3 seconds and select "OFF".

Setting up ActiFit Lite:

1) Download and install the 'Day Day Band' App
Supported Devices are Android 4.4 or above and iOS 7.1 or above devices Steps to download the App: Scan the QR code and download the app OR search the App "**Day Day Band**" from the Google Play or Apple App Store and download it on your smartphone.
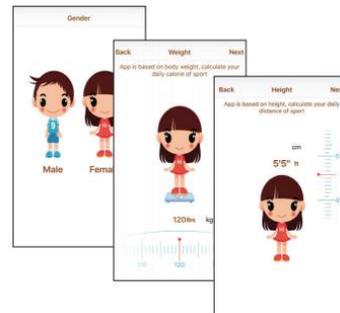
2-**Set-Up your ActiiFit LiteBand**
Once the app is installed, open the App to get started. You will be guided through the process of creating a personalized account, connecting and pairing your ActiFit Lite to your mobile device.

Creating an Account:
Proceed to enter all the requested personal information to create an account.

Connecting and Pairing your Device:
Once you are done entering your personalized information, you will be guided through a brief introduction of the features and then prompted to connect your device by pulling down on the Devices Page to search for devices and selecting Action HR. Please make sure that the Bluetooth function on your device is ON and that your device is Fully Charged. Once the App is successfully connected to your device it will automatically prompt you with a Bluetooth Pairing Request. Select Pair to complete the connection.

App interfaces

Main Page:
Once the App is connected successfully to your device, it will record and analyze your activities, sleep status and Sync the info from the activity band to your device wirelessly.

Main Page Features:
1-Select the Sport Interface to view data on your daily activities such as Calorie expenditure, Distance traveled, Steps taken and Activity duration. For details on your sports data, you will need to click on the Goal icon.

2-Select the Sleep Interface to view data on your sleep duration and quality. Your activity band automatically recognizes your sleep status and monitors your sleep progress and analyzes the deep sleep, light sleep and time awake.

3-Select the Heart Rate Interface to view data on your average and resting heart rate and peak activities and duration. Dynamic or Static Heart Rate Data will be displayed depending on the selection you made during set-up. You can change your selection in the Settings menu, under Heart Rate Settings. For all interfaces you can share your data with others via text and social media. The Sharing link is located on the top right of the Details Page. To display your up-to-date data, pull down on the App interface page to refresh/sync the data. When pressing on the interface page, you will be able to switch between data and view a detailed chart of your progress.

Details Page:
The Details page is a snapshot of your daily activities, sleep pattern and heart rate data. The data can be displayed in weeks, months and year by clicking on the appropriate time frame on the top of the App page.

Settings Page:
On the setting page, you will able to set-up your notifications such as call, sedentary, alarm, and text/social media messaging alerts. You will also be able to customize your heart rate setting, and turn on the remote picture feature.

There is also a **Safety** alert which notifies you using a gentle vibration if your phone is out of the Bluetooth range. **Find Band** feature allows you to locate your activity tracker via a gentle vibration, this function is used directly from the App. The Settings page also provides firmware information, ways to clear your data , link to Apple Health for your Jarv Action +HR Activity band, and allows you to update the device firmware if necessary.

Profile Page:
On this page you will be able to set-up or modify your target settings such as steps and distance traveled goals, and modify your personal settings.

Using the ActiFit Lite

Switching between different function modes:
Short Press the touch sensor button on the front of the unitm to switch in between modes. If no activity is detected after 5 seconds the tracker will go into Standby Mode. This time limit can be changed in the Setting menu under Display Limit.

Time Mode	🔋*10:50 09/25 SUN
Step Mode	🔌 step1250
Distance Traveled	📍° km10.5
Heart Rate Mode	♥ bpm103

Sports Mode

In The App, Under Sports Mode, you can begin a workout by selecting the running icon 🏃 located on the top right corner of the app page, this will provide data on duration, distance traveled, speed and location of your workout.

Heart Rate Mode

From your device, Short press the touch sensor button until the Heart Rate Mode appears, press down the touch sensor button to start measuring and recording heart rate data. Data needs to be recorded for at least 1 minute in order to be registered. Alternatively, you can measure and record heart rate data directly from the App by entering the Heart Rate interface and pressing down on the white circle icon.

FAQ

Q) Pairing issues?
A) 1. Please make sure that your Bluetooth function on your device is turned ON and that your device is a supported model - OS Android 4.3 & above and iOS 7.1 & above.
2. Please make sure the distance between your phone and device is no more than 1ft. while pairing.
3. Please make sure the device is fully charged. If the problem still persists, please contact us for further troubleshooting.

Q) Why does it take so long for the heart rate to be measured?
A) It takes approximately 8 seconds to measure the heart rate, the longer it takes to acquire the signal from the sensor the more accurate the testing results will be.

Q) Why does the tracker need to be snug against my wrist when measuring heart rate?
A) If there is space between your wrist and the tracker the light will reflect on the sensor and the result will not be as accurate.

Q) I paired my device and i am not receiving any notifications.
A) Please make sure that your device is connected to the activity tracker via Bluetooth and that the "Call" and "SMS" features are enabled in the Settings Interface. Additionally, for Android Users , please make sure to allow in the Settings menu access to Incoming Calls, Message, and Contacts. If any security app is running in the background - please add "DayDay Band" to the list of trusted Apps.

Q) Can't connect the device with the app?
A) Please turn off and ON your Bluetooth function and/or Power Cycle (Restart) your device. • Delete the app and reinstall it.

LIMITED WARRANTY

Merlin Products are covered by a limited one-year warranty policy. If the product suffers from a manufacturing defect, the customer will receive a replacement if claimed within 15 days of the purchase date. Otherwise, the product will be inspected for possible repair options. The product will either be repaired and returned free of charge, or replaced. All repair services past the one-year warranty period will be charged for any repairs that need to be made. If the client is located outside the UAE, or is otherwise unable to personally deliver the defective product to our service center or retail outlets, he/she may send it via post at his/her own cost. The repaired/replaced product will then be returned to the client via courier mail at Merlin's cost, as long as the warranty period is still active. Important: This limited warranty DOES NOT COVER normal wear and tear, accidents, damage during transit, misuse, abuse or neglect. Attempting to disassemble the unit will render the warranty null and void.

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If the client is located outside the UAE, or is otherwise unable to personally deliver the defective product to our service center or retail outlets, he/she may send it via post at his/her own cost. The repaired/replaced product will then be returned to the client via courier mail at Merlin's cost, as long as the warranty period is still active.

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REGISTER NOW

We hope you enjoy the quality of Merlin Digital product.
Please take out a few minutes to register your product at merlin-digital.com/register to avail:
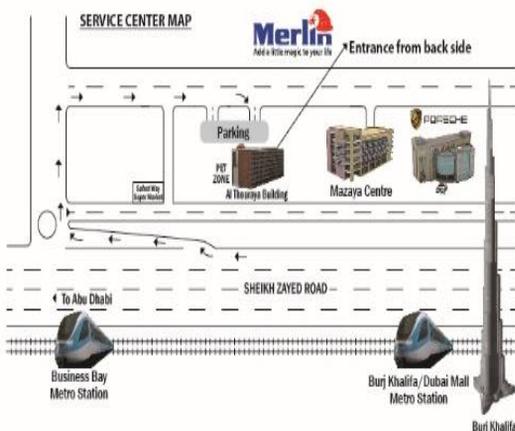• Special discounts and promotions on other Merlin products
• Exclusive information on new products and innovations
• Reminders about product firmware downloads, updates and upgrades
• Competitions and exciting giveaways

To learn more about Merlin products visit our site at: www-merlin-digital.com or like our Facebook page on facbook.com/merlin.digital.gadgets
For enquiries and information call our toll free number 800-MERLIN (Sat-Thu, 9 am - 6 pm)

Contact our support staff for troubleshooting and any other enquiries relating to your Merlin product by sending an email at support@merlin-digital.com and your issue will be resolved within 48 hours.

REGISTER for exclusive product releases and future prize drawings!

SERVICE CENTER MAP

Merlin
Add a little magic to your life

Entrance from back side

Parking

PET ZONE

Al Thouraya Building

Mazaya Centre

PORSCHE

SHEIKH ZAYED ROAD

To Abu Dhabi

Business Bay Metro Station

Burj Khalifa/Dubai Mall Metro Station

Burj Khalifa

For a complete list of our worldwide locations, visit http://merlin-digital.com/contacts