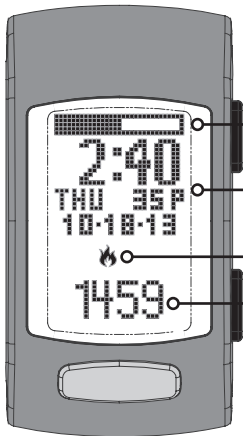


# LifeTrak<sup>™</sup> Move **C300**



Goal Status Bar

Time/Date

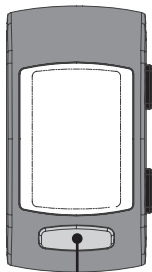
Activity type: distance | calories | steps

Activity value



## Quick Start Guide

**TO TURN YOUR C300 ON:** press & hold any button until the screen turns on.



**MODE**

Press to change modes:

*Time* ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

**LIGHT**

Press together for light or **MODE + VIEW**

Can also double-click **VIEW**

**START/STOP**

Press to start/stop in *Workout*

**VIEW**

Press to view: distance ▶ calories ▶ steps

**1** Press & hold to read your heart rate ♥

**NOTE:**  
The buttons are not intended for use in or under water

## GOAL SETUP



① In *Time*, hold **MODE** for 3 sec



② Select **GOAL**



## INSIDE SETTING MODE



● increase value

● decrease value

Press: go to next setting  
Press & hold: exit setting mode

## TIME SETUP

**NOTE:**  
A = AM  
P = PM



① In *Time*, hold **MODE** for 3 sec



② Select **TIME**

- seconds ▼
- minute ▼
- hour ▼
- year ▼
- month ▼
- day ▼
- month-day format ▼
- 12/24 hr format

## INSIDE SETTING MODE



● edit/increase value

● edit/decrease value

Press: go to next setting  
Press & hold: exit setting mode

③

## ADVANCED SETUP



① In Time, hold **MODE** for 3 sec



② Select **ADV**

gender  
▼  
birthday (year)  
▼  
birthday (month)  
▼  
birthday (day)  
▼  
unit format  
▼  
weight  
▼  
height

## INSIDE SETTING MODE

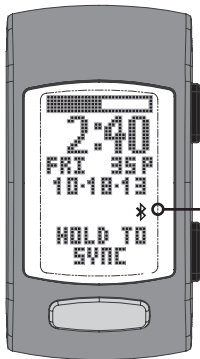


edit/increase value

edit/decrease value

Press: go to next setting  
Press & hold: exit setting mode

Transfer data between your C300 and Bluetooth Smart Ready devices.



Before you can transfer data, you must install the FREE Argus app on your Bluetooth Smart Ready device.

Visit [www.lifetrakusa.com/app](http://www.lifetrakusa.com/app) or search for the Argus app in iTunes®.

Bluetooth Indicator

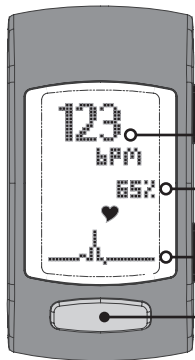
**START/STOP**

Hold to begin syncing (must be in *Time*)

**NOTE:** For best results, keep your devices within 2 meters of each other when syncing.

## HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calories more accurately**.



1. Put your C300 snugly around your wrist.
2. Place your finger on **VIEW**.
3. Gently press and hold for 3-8 seconds until your heart rate appears.

Heart Rate (beats per minute)

% of Maximum Heart Rate

Pulse Indicator

**VIEW**

Press & hold to read your heart rate

## HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour chart.



From *Time*,  
press **MODE** until you reach  
*Hourly Display*

### **VIEW**

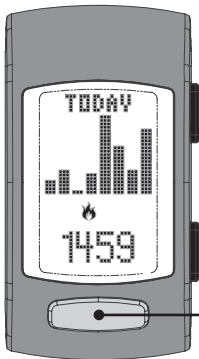
Press to view:

distance, calories, steps



## WEEKLY DISPLAY

Shows your results for the past 7 days.



From *Time*,  
press **MODE** until you reach *Weekly  
Display* (“Today” will be shown)

### **START/STOP**

Press to browse through the past  
7 days

### **VIEW**

Press to view:

distance, calories, steps

## WORKOUT MODE

Records data from an individual workout.



From *Time*,  
press **MODE** until you reach *Workout*

### **START/STOP**

Press to start/stop recording your workout

Hold to reset data (*Workout* mode must be stopped)

### **VIEW**

Press to view:

distance, calories, steps

## **ALL-DAY CALORIE**

Your C300 allows for a more comprehensive calorie count by factoring in calories burned simply through everyday living, in addition to any exercise and activity. This is a great tool to compare against your daily calorie intake!

Your C300 will also provide a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

## **HELPFUL HINTS:**

## **ALL-DAY CALORIE**

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie meter accounts for these calories burned.
2. You will see calories burned even when you're not wearing your C300. This is perfectly normal as it is gauging the calories your body typically burns throughout the day.

## AUTO CALIBRATED DISTANCE

For a more accurate distance, your C300 adjusts your stride length based on how fast you are walking or running.

## HELPFUL HINTS:

## STEP COUNT

If you are having difficulty acquiring your steps, try the following:

1. Take 30 - 40 steps before checking your step count.
2. If your steps are being over or undercounted, try adjusting the step calibration setting. See following page (*Step Calibrate*).

**Step count is determined by actual steps. Arm motion can affect this count.**

## STEP CALIBRATE

If you find your steps or distance over/undercounting, you can try changing the step calibration setting.

Default: Optimal setting for most people and conditions.  
This is the initial setting

Option A: Recommended for low impact movements  
(e.g., person who treads lightly on their feet)

Option B: Recommended for high impact movements  
(e.g., person who treads heavily on their feet)



①  
In *Time*,  
hold  
**MODE**  
for 3  
sec



②  
In *setting mode*,  
hold  
**START/STOP**  
for 3 sec

"Step Cal"  
will appear  
at bottom



③  
Select  
**STEP CAL**

## ADJUSTING YOUR BAND

The bands of your C300 are reversible and replaceable. They easily slide off and can be reinserted.

Please see the *Information Guide* for full details.

**NOTE:** The Clasp on the short band (top band) can be rotated for a more refined fit.



## MASTER RESET

To perform a master reset and clear all data, hold together for 3 seconds **MODE + START/STOP + VIEW**.  
Your C300 will reset and turn off.

To activate again, hold any button until the screen turns on.

**CAUTION: A master reset will clear all data, settings and history records.**

## POWER SAVE SCREEN

To conserve the battery, the screen will shut off after 30 minutes of inactivity. Only current time and the message "Shake Me" will be displayed.

To turn your screen on, simply shake it or press any button.



## **CONTACT**

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