



How to guide – Uploading your Activity Data

Follow the steps below to upload your data to your account.

Download and install the KiActiv® App

Android App:

- Android app available [here](#)
 - Requires Android 4.3 +

iOS App:

- To download the iOS app, follow the instructions in the email from Apple. If you encounter a problem, get in touch with your KiActiv® Champion

Using the KiActiv® App

Android App:

- The first time you use the app you'll be asked to login to KiActiv® (details provided by KiActiv® Champion)
 - You will remain logged into that account unless you logout
- You will be guided through the process of connecting your FitNLife Band to your mobile device, including setting the location you are wearing your Band
 - The location should always be *Wrist*
- After this process the app will begin syncing your data to your KiActiv® account
- Each time you open the app (after initial set-up), press the icon in the upper-right hand corner of your screen (two arrows in a circle) to sync your data
- You'll see a battery icon in the upper-left hand corner of your screen. The number tells you the percentage of charge your FitNLife Band has left.

iOS App:

- The first time you use the app you'll be asked to login to KiActiv® (details provided by KiActiv® Champion)
 - You will remain logged into that account unless you logout
- You will be guided through the process of connecting your FitNLife Band to your mobile device, including setting the location you are wearing your Band
 - The location should always be *Wrist*
- After this process the app will begin syncing your data to your KiActiv® account
- Each time you open (after initial set-up) the app it will sync your data if the FitNLife Band is nearby
 - You can also manually sync your data again whilst the app is open by pressing the icon in the upper-right hand corner of your screen (an arrow in a circle)

The FitNLife Band

Turning the FitNLife Band on and off.

- There is no need for you to turn the FitNLife Band on and off.
- If you turn it off by mistake, press the button on the side of the device for about 5 seconds. The light will blink a few times and the power will be on.
- Status Lights (Press the button once to test)
 - Blue = battery level good
 - Red = battery needs charging

Charging your FitNLife Band

- Place the device in the charging cradle with the power button facing down (it will align with the groove in the charger). Use the USB cable to connect the charger to your computer or an AC adapter.
- The Band will begin charging automatically. The monitor light will be blue for a few seconds before turning red.
- When the monitor is fully charged, the monitor light (on the front of the monitor) will light up solid blue.