



HOW TO GUIDE – Uploading your Activity Data

This guide provides a basic overview of how to use the KiActiv[®] app and your FitNLife band.

Downloading the KiActiv[®] App

Follow the steps below to find and download KiActiv[®] app onto your device.

Android App:

- Open the Google Play store and search for KiActiv.
- Click *Install*.
- Android app available [here](#)
 - Requires Android 4.3 +

iOS App:

- Open the App store and search for KiActiv.
- Click *Get*.
- iOS app available [here](#)
 - Requires iOS 8 +

Using the KiActiv[®] App

Follow the steps below to upload your data by syncing your band with the KiActiv[®] app.

Android App:

- The first time you use the app you'll be asked to login.
 - Your login details will be provided by your KiActiv[®] mentor.
 - 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.
 - Ensure '*Wrist*' is selected and then click save.
- 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 when the sync is complete. This number tells you the percentage of battery your FitNLife Band has left.
- Once the sync has been completed, you can close off the app by pressing your home button.
 - You do not need to press logout or send log.

iOS App

- The first time you use the app you'll be asked to login to KiActiv®
 - Your login details will be provided by your KiActiv® mentor.
 - 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 set as '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), 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).
- Once the sync has been completed, you can close off the app by pressing your home button.

The FitNLife Band

Charging your FitNLife Band

- Connect the charging cable to the charging pins on the back of your device.
- Next, connect the USB cable to your computer or an AC adapter.
- The Band will begin charging automatically. The indicator light (on the front of the monitor) will begin blinking, fading in and out during the charging process.
- When the indicator light stops blinking, your device is ready to use.
- A full charge (from flat to full) will take roughly 90 minutes.

Battery life

- The FitNLife band has a battery life of approximately 7-14 days.

Turning the FitNLife Band on and off

- The Band cannot be turned off. The only time it will turn off is if the battery has run out.
- To check the monitor is on, you can double tap the top of your device.
 - Blue Light = battery level good
 - Red Light = battery needs charging
 - No Light = battery has run out and needs charging